

THE FAMILY DINNER ISSUE

Cooking Light®

MARCH 2015

63

HEALTHY
FAVORITES

Pizza, Pork Chops,
Tacos, Blondies
& More

EASY
WEEKNIGHT
SOLUTIONS

ONE-DISH
DINNERS

SUPERFAST
STIR-FRIES

PERFECT
PASTAS

(including this game-changing
One-Pot Pasta with
Spinach & Tomatoes)

**MICHELLE
OBAMA**

Celebrates
the Fifth
Anniversary of
Let's Move!

p. 112

*"The most
powerful thing
people can do for
their health
is feed their bodies
good nutritious
food."*



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a recipe
that's
adventurous,

and a kitchen
where finding
the tools isn't



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Amy L. Delaune



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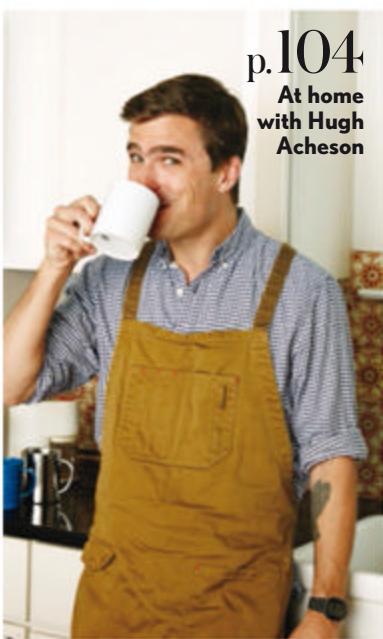


“

You can't blame
Ho Hos or *Scandal*.
Blame habit.”
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note from the editor



The young cook lacked

confidence. T.J. was shy in the kitchen, and when dinner was ready, he sat down to eat with his family and asked for a plastic fork. It turns out he was used to fast food every night.

Fast-forward three weeks. T.J. was now the first of all the students to man his kitchen station. He washed and chopped carrots and kale and marveled at their transformation from raw to cooked. And he ate dinner that night with a metal fork.

Every home-cooked meal produces small victories. For two years, *Cooking Light* and our sister magazine *Southern Living* have partnered with Jones Valley Teaching Farm, an urban farm in downtown Birmingham, Alabama, to cook with local elementary school students and their families in our Test Kitchens. We joined forces to build community and teach the families how to bring our weeknight recipes to life with the farm's produce. Victories ensued: Thirty-five or so families have graduated from The Family Kitchen

program, and they're cooking almost two more meals at home a week and eating one fewer fast-food meal per week, on average. T.J.'s mom told me that he's now the head cook at home.

Recent studies show that we eat fewer and healthier calories with home-cooked meals and spend less money than we would at restaurants, including fast-food joints. Children who consistently eat dinner at home with their families eat fewer

processed foods, and they perform better in school. If you're reading this, you don't need studies to tell you that cooking food for the people you love makes you feel good.

Thus, our Family Dinner issue. It marks the first time in our nearly 28-

year history that we've featured a person on the cover. First Lady Michelle Obama has done more

than anyone to spark a meaningful conversation about good food and good health in our country.

I flew to Washington, D.C., for the cover shoot, a departure from our typical sets—lasagna and chocolate cake don't require Secret Service detail. Mrs. Obama was just as warm and genuine off camera as she appears on, and she framed her own struggles at the stove as a working mom in the context of the hurdles we all face at dinnertime. As a father and cook, I can

relate. Sometimes we're simply too busy to cook. Many Americans don't have access to good ingredients, while more convenient options abound. And for such a food-obsessed nation, we've lost some of our home-cooking traditions.

Mrs. Obama talked about empowering, not guiltting, people to return to the kitchen and inspiring a new generation of budding cooks like T.J. The Family Kitchen taught me that we simply have to make cooking more practical. Healthy recipes like the One-Pot Pasta on the cover—big on flavor yet limited on prep—are an answer. Inspired by The Family Kitchen and Let's Move!, Mrs. Obama's program to end childhood obesity, the *CL* team developed an easy, affordable, and healthy curriculum called Let's Cook! An excerpt, which includes the pasta recipe, appears on page 116, and you can download the full curriculum in English and Spanish at CookingLight.com/LetsCook.

You'll also find quick solutions in our Dinner Tonight section, beginning on page 23. We've reengineered it to better solve your healthy-dinner dilemmas from Monday through Sunday.

If you're struggling to put dinner on the table, start here. Small victories add up to big ones. Let's cook.

"If you're struggling to put dinner on the table, start here."

A handwritten signature in black ink that reads "Hunter".

HUNTER LEWIS

Reach me at Hunter@CookingLight.com
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LETTERS



WHAT A WAY TO START!

I was completely overjoyed with your January issue. As I read aloud the recipes to my husband, I exclaimed,

"They just keep on coming!" I loved the 31 days of recipes and tips for happy cooks section. If pages 1 to 105 were not enough, then ... the chicken dinner section. What a WINNER indeed!

—KIM MESSINGER
VIA EMAIL

THIS SOUP IS ON POINT!

The Italian Turkey and Orzo Soup (Jan/Feb, p. 66) was the most amazing way to start off the New Year! It made more than enough, and the taste was amazing for something so healthy. Thank you for showing me healthy can be tasty.

—TABBY HODGES
VIA EMAIL

THIS BIRD WAS A FLOP

I tried your Weeknight Lemon Chicken Skillet Dinner (Jan/Feb, p. 109), and my husband and I were very disappointed with it. The sauce was so sour we were unable to eat it. Also, in your description, you wrote that it was dinner in one pan, but since the recipe calls for boiling the potatoes before adding them, it really is a two-pan meal.

—DOROTHY KORPITA
ANTHEM, AZ

SERIOUSLY GOOD DISH

The Smashed Bacon Potatoes with Kale and Roasted Salmon recipe (December 2014, p. 125) was perfection. I made it for my husband and me, and it was so wonderful, I immediately made it for company the following weekend. They thought I was the greatest cook ever. Wow! Heaven on a plate!

—CAROL LAUER
VIA EMAIL

SHE HIT THE NAIL ON THE HEAD

I just finished Jennifer Drawbridge's story "How to Spice Up Your Cooking Life" (November 2014, p. 148). I have to tell you this is the best thing I have read, almost ever. Many people wonder why I love to cook and create so much. I will share her article with them.

—CINDY ZIMMERMAN
ARLINGTON, VA

*BEHIND
THE SCENES

INSTAGRAM

Ever wonder what happens behind the scenes at *Cooking Light*? Here's a taste. For more delicious inspiration, follow @CookingLight on Instagram.



This dish is an early version of our One-Pot Pasta with Spinach & Tomatoes. Turn to page 116 for the final recipe and other easy recipes anyone can make.

FACEBOOK

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Love a recipe? Have a nit to pick? Leave feedback and suggestions at Facebook.com/CookingLight.



CARAMEL PORK

March 2011

Super quick and easy to make. It always tastes great!

—LORI KAHN KUNKEL



CRANBERRY-PISTACHIO ENERGY BARS

April 2014

I've made these several times and they are delicious.

—HEATHER POLLESCH



LOADED POTATO SOUP

November 2012

It's fabulous and easy.

—KARI UNREIN CHRISTIANSEN

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LET'S
GET

cooking!

TODAY'S SPECIAL

Bucatini with Meyer Lemon Cream

Portland chef Jenn Louis reminds us that less is usually more. **BY TIM CEBULA**

Leave it to Portland's queen of simple elegance to devise an early spring pasta dish that balances creamy comfort with clean, citrusy brightness—using just six ingredients. One of the many things we love about Jenn Louis'

food is her remarkable restraint and instinctive understanding of how to make a star ingredient shine.

Here she honors Meyer lemons, which are reaching the end of their season. "It's always hard to say goodbye to them," Louis says. "They're delicate and less sour than regular

lemons." (Cooks without access to Meyers can add a little sweet fresh orange juice to regular lemon juice for a similar effect.)

In this pasta dish, Louis says she sought a balance between rich and light. "I'm health conscious. I thought ricotta would make for a creamy



PHOTOGRAPHY: BRIAN KENNEDY; FOOD STYLING: KELLIE GERBER KELLEY; PROP STYLING: CLAIRE SPOLLEN

TURN
THE
PAGE
FOR RECIPE



SCAN PHOTOS, SAVE RECIPES. SEE PAGE 6.

MARCH 2015 COOKING LIGHT 11

BOOZY JAM

Wine jellies from Tart Bites come in flavors such as Spiced Port Wine and Shiraz. \$9, tartbites.com



[let's get cooking!]

READ UP

Time to trade slow cooking for fast cooking. *Pressure Cooking Made Simple* hits shelves on March 17.



sauce that wasn't heavy." Louis blends ricotta cheese, a touch of cream, and Meyer lemon juice and its fragrant rind into a smooth, silken sauce with a luxurious mouthfeel and alluring tang that keeps taste buds standing at attention. She smartly uses the starchy pasta water to thin the sauce to the right consistency and help it emulsify and cling to the noodles. Chopped fresh chives add a bit of pungency. Then she gilds this spring lily with a touch of grated Parmigiano-Reggiano for salty umami satisfaction. Try Louis' original version this month at Lincoln Restaurant in Portland.

BUCATINI WITH MEYER LEMON CREAM AND CHIVES

Hands-on: 20 min. Total: 20 min.

Meyer lemons—with their hint of orangey sweetness—make a bright and irresistible flavoring for this early spring pasta dish. For an extra-special touch, you can garnish with lemon rind strips and serve with lemon wedges, if you like.



- 8 ounces uncooked bucatini or linguine pasta
- 2 teaspoons grated Meyer lemon rind
- 1/4 cup fresh Meyer lemon juice (about 2 lemons)
- 1/4 cup heavy whipping cream
- 4 ounces part-skim ricotta cheese (about 1/2 cup)

1/4 cup finely chopped fresh chives
1 teaspoon kosher salt
1/2 teaspoon freshly ground black pepper
1 ounce Parmigiano-Reggiano cheese, finely grated (about 1/4 cup)

1. Cook pasta according to package directions, omitting salt and fat. Drain pasta over a bowl; reserve 3/4 cup plus 2 tablespoons cooking liquid.
2. Place 6 tablespoons cooking liquid, lemon rind, juice, cream, and ricotta in a blender; process until smooth.
3. Heat a large skillet over medium heat. Add ricotta mixture to pan; cook 1 minute or until thoroughly heated. Add pasta, chives, salt, and pepper. Add remaining 1/2 cup cooking liquid as needed to make mixture creamy. Remove from heat; stir in grated Parmigiano-Reggiano cheese.

SERVES 4 (serving size: 1 cup)

CALORIES 331, **FAT** 10.3g (sat 6g, mono 2.8g, poly 0.7g); **PROTEIN** 13g, **CARB** 46g; **FIBER** 2g; **CHOL** 35mg; **IRON** 2mg; **SODIUM** 605mg; **CALC** 167mg

LOCAL FINDS

Living the Good Life

In 2008, Dee Freestone gave up on store-bought granola. "I wanted a granola with an ingredient list that resembled real food," she says. Thus her Good Life Granola was born, with simple ingredients: oats, brown sugar, and fruit sourced from local producers. The Freestones operate in the heart of Michigan's fruit belt, turning out approximately 75,000 bags of granola each year. Crunchy baked oats and chewy apple bits plus the contrast of pure maple syrup and lightly salted almonds keep granola lovers coming back. —AMY S. ECKERT



Available in 4 flavors, \$6.50, goodlifegranola.com



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For recipe ideas, visit classico.com

ONE TO ONE

Sub equal parts Bob's Red Mill Gluten-Free 1-to-1 Baking Flour for wheat flour. \$18, bobsredmill.com



[let's get cooking!]



TRUE CURE

White chorizo omits the paprika for a mild sausage, so the pork flavor shines. imperialchorizo.com



MOST WANTED

Coffee Break

From beans to brew,
the very best gadgets for
enjoying your cuppa

BY APRIL HARDWICK



1 GET CRANKIN'

Extract better flavor from your beans by grinding them just before brewing. Adjust the burr on Hario's hand-crank grinder to create coarse or fine grounds. \$60, momastore.org

2 DIY BARISTA

It looks more science experiment than coffee gadget, but this Bodum vacuum-brewing system extracts every delicious drip from coffee grounds in minutes. \$80, broadwaypanhandler.com

3 JOE TO GO

Adopt a greener coffee footprint, and ditch the paper cups in favor of portable glass ones. Colorful silicone sleeves and a splashproof lid protect hands. \$23-\$27, jococup.com

4 PRESS & SERVE

Paul Smith's perky purple French coffee press holds eight cups of your favorite blend. The synthetic exterior makes it safer to hold the pitcher when hot. Available in three colors. \$75, shophorse.com

5 SWEET SIPPERS

Adorable patterns and prints adorn these petite espresso cups and matching saucers from London-based pottery company Magpie. \$40/set of 4, artsymodern.com

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INDULGE. End your dinner with dessert made with Lindt EXCELLENCE. Try the warm Spiced Chocolate Tart featuring Lindt EXCELLENCE 70% Cocoa. Elegantly combined with cinnamon and coriander, this extraordinary flourless tart is the perfect finish for a winter night.



PAIR. Cap off the evening by indulging in chocolate and wine pairings. Perfect pairings - such as Lindt EXCELLENCE A Touch of Sea Salt and Pinot Noir - elevate the pleasurable tastes of both, intensifying the taste experience. For coffee lovers, try pairing Lindt EXCELLENCE Caramel with a Touch of Sea Salt with a traditional black coffee to bring out the subtle sweetness of the caramel and the intensity of the chocolate.



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[let's get cooking!]

SQUEEZE IT

Meyer lemon season will be over soon. Enjoy the distinctly sweet tartness (and the recipe on page 12).



PAIRINGS

What Should I Drink with Glazed Pork?



↑ OOPS!

Stay away from gamy, herbaceous, or heavy tannic reds such as cabernet sauvignon or tempranillo. These will overwhelm subtle flavors.

A ZIPPY, OFF-DRY WHITE

From chops to tenderloin, the light saltiness of pork coated with a sweet and mustardy glaze will be gracefully accentuated by a white with bright fruit and mouthwatering acidity. Try a riesling from Germany. Some of the world's best, these whites' vibrant acidic zing and hint of sweetness will exuberantly highlight roasted pork's complex flavors.

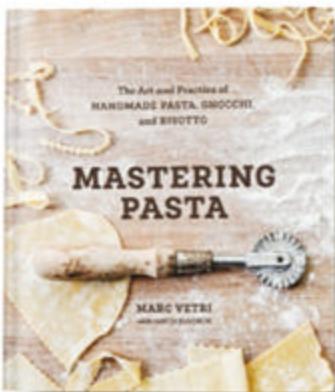
Dr. Loosen, Dr. L Riesling, Germany, 2013 (\$12)

A BRIGHT, FRUITY RED

The ripe, juicy fruit flavors of a light red will both contrast and complement the spice and saline tang of a glazed roast. Try American pinot noir—delicate, fruit-forward wines bursting with succulent berry notes are ideal matches for salty-sweet pork. Soft tannins provide a gentle finish paired with the delicate meat.

Underwood Pinot Noir, Union Wine Company, Oregon, 2013 (\$12)

—JORDAN MACKAY



BOOKS FOR COOKS

Mastering Pasta

You may not make fresh pasta often, but you're richly rewarded when you do. Newbies and pasta pros alike will benefit from chef Marc Vetri's in-depth tutorial on forming dough, rolling, saucing,

and everything in between. Vetri's praises aren't sung nearly enough outside his home base of Philadelphia. He's one of the country's best Italian cooks, and recipes here, like a kicky pasta *all'arrabbiata*, demonstrate his own mastery of the artfully simple cuisine. —TIM CEBULA

Ten Speed Press, \$30, 272 pages

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[let's get cooking!]

EASY TREAT

Toss 2 halved peeled pears in 1 tablespoon lemon juice and 1 tablespoon sugar. Bake 25 to 30 minutes at 425°.



GLOBAL INGREDIENT

Kecap Manis

PRIZED AS AN all-purpose condiment in its native Indonesia, kecap manis (pronounced KEH-chup MAH-nees) is a syrup-thick soy sauce sweetened with palm sugar and infused with garlic and star anise. When soup, stew, or chili needs a little depth, a teaspoon or two of kecap manis may be just the thing. You can even try it in desserts: A smidge in cookie batter or caramel sauce delivers incredible complexity. Look for it at Asian markets, or buy online at amazon.com. -TC



HELP ME, KENJI

Q: How can I cook fish without stinking up my house?

A: Stick with

methods that cook the fish gently while simultaneously creating barriers that prevent fishy aromatic compounds from making it into the air. My techniques of choice? Cooking *en papillote* and baking with a crisp coating.

Cooking *en papillote*—a fancy-pants French term for “in parchment”—works for any fish and is pretty darn close to foolproof. All you do is place a portion of fish on a rectangle of aluminum foil or parchment paper and season with salt and pepper. Top with thinly sliced vegetables or flavorings—try fennel, leeks, or onion and lemon (see photo 1). Drizzle with extra-virgin olive oil; add a dash of wine, sake, or stock and any aromatics you’d like—bay leaves, herbs,



2

1. Thinly sliced lemon, fennel, and onion will flavor fish cooked in parchment packages.

2. A crispy coating keeps fish moist and the smell from spreading. Bake fresh bread-crumbs until lightly golden brown.

garlic; and fold the foil or parchment over and crimp the edges to create a sealed package. Place on a tray in a 425° oven for 10 to 15 minutes, and serve.

Flaky white fish like cod and hake are great baked with a crisp, golden breadcrumb crust. Start with homemade breadcrumbs: For 4 fillets, use 4 crustless white bread slices pulsed in the food processor until coarse crumbs form. Toss crumbs with a tablespoon of olive oil, and bake at 400° until light golden (see photo 2). Add minced shallots, garlic, and parsley. Dip fish in an egg beaten with salt, pepper, and a spoonful of Dijon mustard; coat with crumb mixture; and bake on a wire rack on a rimmed baking sheet until crisp and cooked through.

Kenji Lopez-Alt is the chief creative officer of Serious Eats (serious eats.com), where he writes The Food Lab, unraveling the science of home cooking.

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FAST
FAMILY
RECIPES

dinner tonight

20 PAGES OF
FAST MEALS



SUPERFAST
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Cook
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Eat 3x
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FREEZE IT
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AND MORE!



Mushroom,
Asparagus, and
Roasted Red
Pepper Pizza,
page 32

white cheddar & chive potato soup

with kale salad with creamy peppercorn dressing

Luscious, creamy potato soup uses just one pan for fast weeknight comfort and even faster cleanup. We love the look and tang of sharp white cheddar.

STARCHIFY

A medium-starch potato like Yukon gold, rather than a waxy red potato, falls apart just enough to mash easily.

- 1 tablespoon canola oil
- $\frac{1}{3}$ cup chopped shallots
- 2 garlic cloves, minced
- 2 tablespoons all-purpose flour
- 3½ cups chopped Yukon gold potatoes (about 1 pound)
- 1¾ cups 1% low-fat milk
- 1½ cups organic vegetable broth (such as Swanson)
- 3/8 teaspoon kosher salt
- 1/4 teaspoon black pepper
- 2 ounces sharp white cheddar cheese, shredded (about $\frac{1}{2}$ cup)
- $\frac{1}{3}$ cup fat-free sour cream, divided
- 2 tablespoons minced fresh chives

1. Heat a medium saucepan over medium-high heat. Add oil; swirl to coat. Add shallots and garlic; sauté

1½ minutes or until tender. Sprinkle flour over pan; cook 1 minute, stirring constantly with a whisk.

2. Add potatoes, milk, broth, salt, and pepper to pan; bring to a boil. Cover, reduce heat, and simmer 10 minutes or until potatoes are tender. Remove pan from heat. Mash potato mixture with a potato masher to desired consistency. Stir in cheese until melted. Stir in 1 tablespoon sour cream. Place 1 cup soup in each of 4 bowls. Top each serving with about 1 tablespoon sour cream and 1½ teaspoons minced chives.

SERVES 4

CALORIES 263; **FAT** 9.6g (sat 4.2g, mono 2.5g, poly 1.1g); **PROTEIN** 11g; **CARB** 34g; **FIBER** 3g; **CHOL** 20mg; **IRON** 1mg; **SODIUM** 562mg; **CALC** 286mg

KALE SALAD WITH CREAMY PEPPERCORN DRESSING

Combine $\frac{1}{3}$ cup low-fat buttermilk, 1 tablespoon canola mayonnaise, $\frac{1}{2}$ teaspoon white wine vinegar, $\frac{1}{2}$ teaspoon minced garlic, $\frac{1}{2}$ teaspoon cracked black pepper, and $\frac{1}{4}$ teaspoon kosher salt in a medium bowl, stirring with a whisk. **Add** $\frac{1}{2}$ cup cored and very thinly sliced fennel and 3 ounces baby kale leaves (about 3 cups); **toss** well to coat.

SERVES 4 (serving size: about $\frac{2}{3}$ cup)

CALORIES 33; **FAT** 1.3g (sat 0.1g); **SODIUM** 183mg

GAME PLAN

WHILE POTATO MIXTURE COMES TO A BOIL

Prepare dressing for salad.

WHILE SOUP SIMMERS

Finish salad.



TIME-SAVER

Mashing the potatoes in the saucepan creates a rustic, slightly chunky soup and saves the step of pureeing in a blender.



SIMPLE SUB

You can sub 3 cups stemmed chopped curly kale for baby kale. Let stand in the dressing 5 minutes so leaves become tender.

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GAME PLAN

WHILE WATER AND QUINOA COME TO A BOIL
Cook shrimp.

WHILE QUINOA SIMMERS
Prepare salad.



FLAVOR SWAP
Add lime juice instead of lemon, cilantro instead of dill, and a dash of ground red pepper to the salad vinaigrette.

spinach and quinoa salad with shrimp

with goat cheese toasts

Simple, fresh, and perfectly portioned for two, this main dish salad is great for a quiet weeknight. Just you? Enjoy the second portion for lunch tomorrow; it will hold up nicely.

3/4 cup water
1/2 cup uncooked quinoa, rinsed and drained
1/4 teaspoon kosher salt, divided
Cooking spray
1/2 pound medium shrimp, peeled and deveined

1/2 teaspoon freshly ground black pepper, divided
1 1/2 tablespoons extra-virgin olive oil
3 tablespoons fresh lemon juice
1 teaspoon chopped fresh dill
1/4 teaspoon honey
2 cups fresh baby spinach leaves
1 cup thinly sliced English cucumber
1/2 cup thinly sliced radish
1/2 cup sugar snap peas, thinly sliced

1. Combine $\frac{3}{4}$ cup water, quinoa, and $\frac{1}{8}$ teaspoon salt in a small saucepan; bring to a boil. Cover, reduce heat,

and simmer 12 minutes or until liquid is absorbed and quinoa is tender. Cool quinoa mixture slightly.

2. Heat a large skillet over medium-high heat. Coat pan with cooking spray. Sprinkle shrimp with remaining $\frac{1}{8}$ teaspoon salt and $\frac{1}{4}$ teaspoon pepper. Add shrimp to pan; cook 2 minutes on each side or until done.

3. Combine remaining $\frac{1}{4}$ teaspoon pepper, oil, lemon juice, dill, and honey in a large bowl, stirring with a whisk. Add quinoa, shrimp, spinach, and remaining ingredients; toss gently to combine.

SERVES 2 (serving size: 2 cups)

CALORIES 367; **FAT** 14.4g (sat 19g, mono 8.2g, poly 2.7g); **PROTEIN** 23g; **CARB** 37g; **FIBER** 6g; **CHOL** 143mg; **IRON** 4mg; **SODIUM** 462mg; **CALC** 125mg

GOAT CHEESE TOASTS

Preheat broiler to high. Arrange 2 (1-ounce) slices multigrain bread on a baking sheet; coat with cooking spray. Broil 1 minute on each side or until toasted. Spread 1 tablespoon goat cheese over each slice. Broil 30 seconds or until cheese melts. Sprinkle $\frac{1}{4}$ teaspoon minced fresh dill and $\frac{1}{8}$ teaspoon freshly ground black pepper over bread slices.

SERVES 2 (serving size: 1 slice)
CALORIES 130; **FAT** 6.2g (sat 29g); **SODIUM** 198mg



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*Per 3.5 oz portion. Contains 200mg of ALA per 56g serving, which is 15% of the daily value for ALA (1.3g).



seared flank steak with blue cheese polenta with sautéed broccolini

Instant polenta is a speedy alternative to mashed spuds. Not keen on blue cheese? Stir in a little Parmesan or plain Greek yogurt.

- 1 pound flank steak, trimmed
- $\frac{1}{2}$ teaspoon kosher salt, divided
- $\frac{1}{4}$ teaspoon black pepper
- $\frac{1}{8}$ teaspoon ground allspice
- Cooking spray
- 3 cups 1% low-fat milk
- $\frac{1}{2}$ cup unsalted chicken stock (such as Swanson)
- $\frac{1}{4}$ teaspoon smoked paprika
- $\frac{2}{3}$ cup quick-cooking polenta
- 1.5 ounces blue cheese, crumbled (about $\frac{1}{3}$ cup)
- 2 teaspoons minced fresh thyme

1. Sprinkle steak evenly with $\frac{1}{4}$ teaspoon salt, pepper, and allspice. Heat a grill pan over medium-high heat. Coat pan with cooking spray. Add steak to pan;

cook 4 minutes on each side or until desired degree of doneness. Place steak on a cutting board; let stand 5 minutes. Cut across the grain into thin slices.

2. Bring remaining $\frac{1}{4}$ teaspoon salt, milk, stock, and paprika to a boil in a medium saucepan over medium-high heat. Gradually add polenta, stirring constantly with a whisk. Reduce heat to low; cook 5 minutes or until thick, stirring frequently. Remove pan from heat; stir in cheese and thyme.

SERVES 4 (serving size: 3 ounces steak and about $\frac{3}{4}$ cup polenta)

CALORIES 369; FAT 11.2g (sat 5.5g, mono 3.6g, poly 0.4g); **PROTEIN** 36g; **CARB** 24g; **FIBER** 3g; **CHOL** 87mg; **IRON** 2mg; **SODIUM** 548mg; **CALC** 318mg

GAME PLAN

WHILE BROCCOLINI COOKS

Cook steak.

WHILE STEAK RESTS

Cook polenta.



SHOPPING TIP

If you can't find quick-cooking polenta, you can also use quick-cooking cornmeal or grits. Look for packages with a cook time of no more than 5 minutes.

SAUTÉED BROCCOLINI

Heat a large skillet over medium-high heat. Add 2 teaspoons canola oil; swirl to coat. Add 1 pound trimmed Broccolini to pan; cook 5 minutes, stirring occasionally. Add $\frac{1}{2}$ cup unsalted chicken stock (such as Swanson). Cover, reduce heat to low, and cook 6 minutes or until Broccolini is crisp-tender. Stir in 2 teaspoons balsamic vinegar, $\frac{1}{4}$ teaspoon kosher salt, and $\frac{1}{4}$ teaspoon freshly ground black pepper.

SERVES 4 (serving size: about 4 ounces)
CALORIES 73; FAT 2.3g (sat 0.2g);
SODIUM 170mg



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DINNER
TONIGHT
THURSDAY



40
MINUTES

moroccan-spiced pork chops with mashed sweet potatoes

with lemony green beans

The bell pepper sauce would be delicious over grilled vegetables or as a dip for grilled shrimp.

- 4 cups chopped peeled sweet potatoes (about 1 1/4 pounds)
- 1/4 cup 2% reduced-fat milk
- 3/4 teaspoon ground coriander, divided
- 3/4 teaspoon ground cumin, divided
- 1/2 teaspoon kosher salt, divided
- 1/8 teaspoon ground cinnamon
- 1/8 teaspoon ground allspice
- Dash of ground red pepper
- 1/2 cup bottled roasted red bell peppers, rinsed and drained
- 3 tablespoons olive oil, divided
- 2 tablespoons unsalted almonds
- 1 garlic clove
- 4 (6-ounce) bone-in center-cut loin pork chops
- 1/4 teaspoon sugar
- 1/4 teaspoon freshly ground black pepper

1. Place potatoes in a large saucepan; cover with water to 1 inch above potatoes.



SPICE UP

Warm spices instantly elevate a simple pork chop supper. You probably have these in your pantry already.

Bring to a boil; reduce heat and simmer 15 minutes or until potatoes are tender. Drain. Combine potatoes, milk, 1/2 teaspoon coriander, 1/2 teaspoon cumin, 1/4 teaspoon salt, cinnamon, allspice, and ground red pepper in a medium bowl; mash to desired consistency with a potato masher.

2. Combine remaining 1/4 teaspoon coriander, remaining 1/4 teaspoon cumin, bell peppers, 2 tablespoons oil, almonds, and garlic in the bowl of a mini food processor; process until smooth.

3. Sprinkle pork with remaining 1/4 teaspoon salt, sugar, and black pepper. Heat a large skillet over medium-high heat. Add

remaining 1 tablespoon oil; swirl to coat. Add pork to pan; cook 3 minutes on each side or until desired degree of doneness. Serve pork with mashed potatoes and bell pepper sauce.

SERVES 4 (serving size: 1 pork chop, about 1 1/2 tablespoons sauce, and about 2/3 cup potatoes)

CALORIES 467; **FAT** 21g (sat 4.3g, mono 12g, poly 2.6g); **PROTEIN** 36g; **CARB** 32g; **FIBER** 5g; **CHOL** 101mg; **IRON** 2mg; **SODIUM** 443mg; **CALC** 108mg

LEMONY GREEN BEANS

Bring a large pot of water to a boil. **Add** 1 pound trimmed green beans; **cook** 4 minutes or until crisp-tender. **Drain**. **Toss** beans with 1 tablespoon butter, 2 teaspoons fresh lemon juice, 1/4 teaspoon kosher salt, and 1/4 teaspoon black pepper.

SERVES 4 (serving size: about 1 cup)

CALORIES 62; **FAT** 3.1g (sat 1.9g); **SODIUM** 152mg

GAME PLAN

WHILE WATER & SWEET POTATOES COME TO A BOIL
Prepare bell pepper mixture.

WHILE POTATOES SIMMER
Cook green beans.
Cook pork.



PREP POINTER

Start potatoes in cold water so they cook evenly and keep some starch for a fluffy mash.





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mushroom, asparagus & roasted red pepper pizza

with shaved carrot and parsley salad

It's easy to skip delivery when pizza is so much fun to make at home. Load up the pie with as many veggies as you want.

- 1 tablespoon olive oil
- 1 (1-pound) package presliced cremini mushrooms

- 2 teaspoons balsamic vinegar
- 12 ounces refrigerated fresh pizza dough
- 1 tablespoon cornmeal
- 1/2 cup lower-sodium marinara sauce (such as Dell'Amore)
- 1/2 cup thinly diagonally sliced asparagus
- 1/4 cup bottled roasted red bell peppers, rinsed, drained, and sliced
- 1/4 teaspoon kosher salt
- 1/4 teaspoon crushed red pepper
- 4 ounces fresh mozzarella cheese, thinly sliced

1. Place a pizza stone or heavy baking sheet in oven on the bottom rack. Preheat oven to 450° (keep pizza stone or baking sheet in oven as it preheats).
2. Heat a large nonstick skillet over medium-high heat. Add oil; swirl to coat. Add mushrooms; sauté

10 minutes or until browned. Stir in vinegar.

3. Place pizza dough in a medium microwave-safe bowl; cover with plastic wrap. Microwave at MEDIUM (50% power) for 30 seconds.
4. Roll dough to a 14-inch circle on a lightly floured surface. Carefully remove pizza stone from oven. Sprinkle cornmeal over stone; place dough on stone. Spread sauce over crust, leaving a 1/2-inch border. Arrange mushroom mixture, asparagus, and bell peppers over dough. Top pizza with salt, crushed red pepper, and cheese. Bake at 450° for 15 minutes or until browned. Remove pizza from oven. Cut into 8 wedges.

SERVES 4 (serving size: 2 wedges)
CALORIES 373; FAT 12.2g (sat 4.5g, mono 5.2g, poly 1.2g); **PROTEIN** 17g; **CARB** 48g; **FIBER** 8g; **CHOL** 23mg; **IRON** 3mg; **SODIUM** 553mg; **CALC** 13mg

SHAVED CARROT AND PARSLEY SALAD

Combine 1 1/2 tablespoons white wine vinegar, 1 1/2 tablespoons extra-virgin olive oil, 1/4 teaspoon kosher salt, and 1/4 teaspoon freshly ground black pepper in a medium bowl, stirring with a whisk.

Add 3 cups thinly shaved carrot and 1 1/2 cups fresh flat-leaf parsley leaves to vinaigrette; **toss to coat**.

SERVES 4 (serving size: 3/4 cup)

CALORIES 91; FAT 5.5g (sat 0.8g); **SODIUM** 196mg

—Recipes by Elizabeth Nelson; additional recipe by Adam Hickman

GAME PLAN

WHILE MUSHROOMS SAUTÉ

Roll out pizza dough.

WHILE PIZZA BAKES

Prepare carrot salad.



PREP POINTER

A sprinkling of cornmeal keeps the dough from sticking to the pizza stone and gets the bottom of the crust extra crispy.

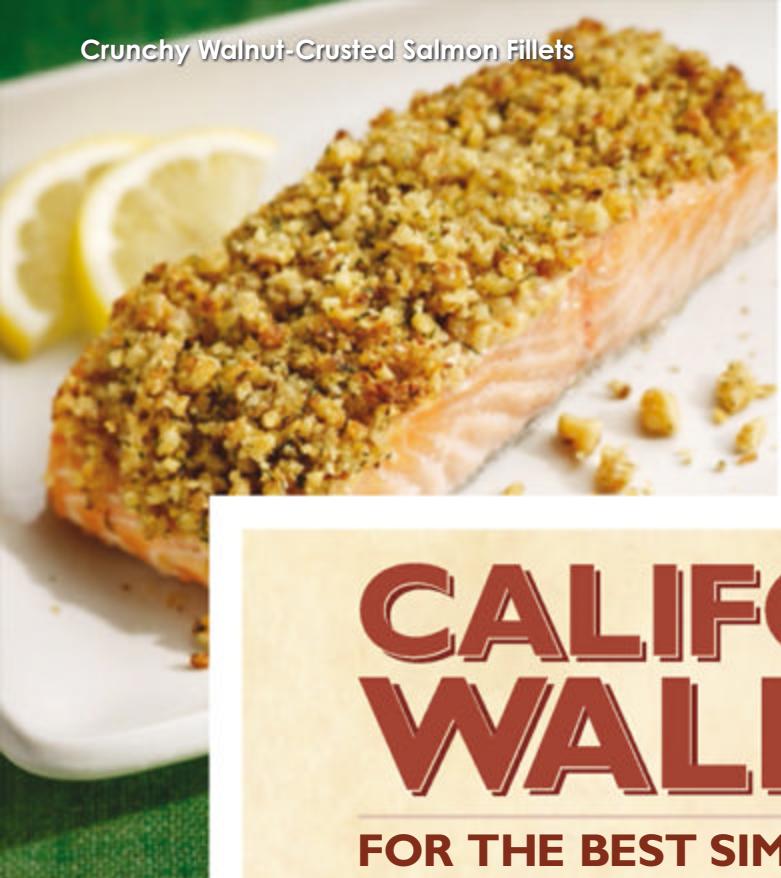


FLAVOR HIT

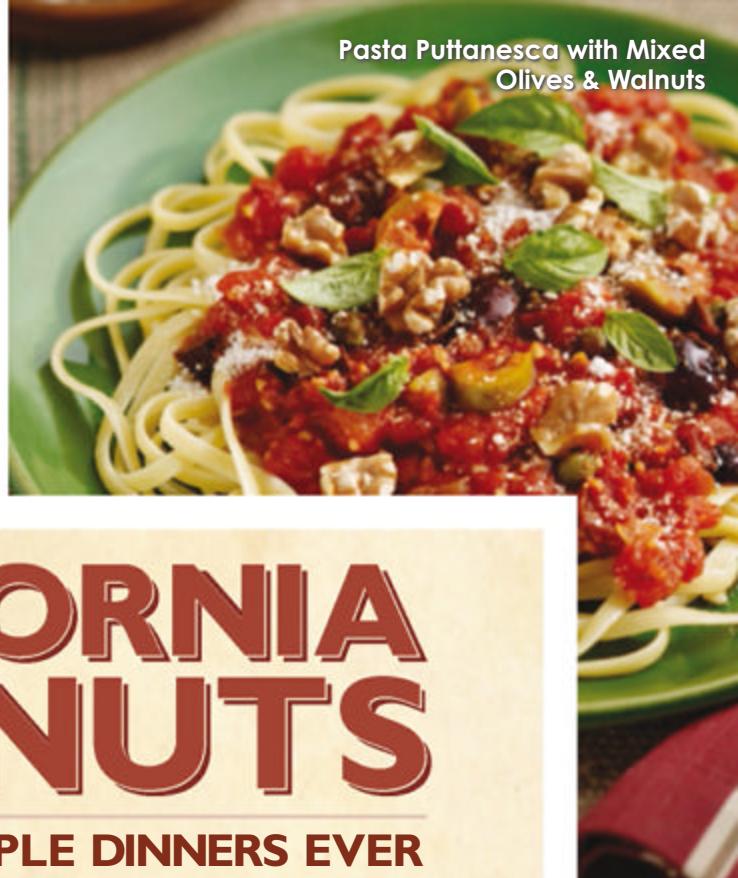
Balsamic vinegar adds a sweet and tangy dimension to the mushrooms and rounds out the marinara sauce.



Crunchy Walnut-Crusted Salmon Fillets



Pasta Puttanesca with Mixed Olives & Walnuts



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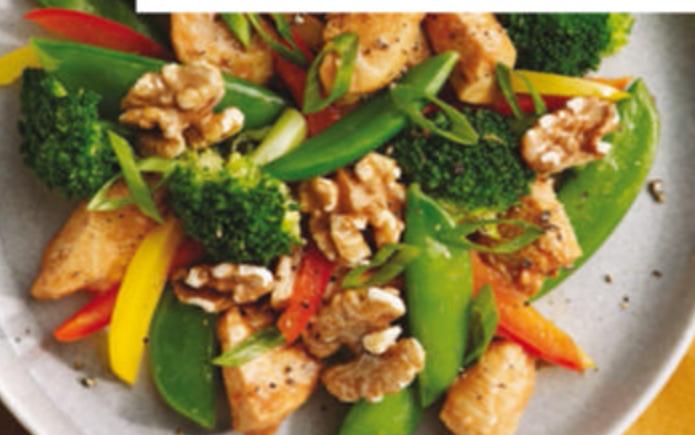
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walnuts.org



Chinese Chicken Walnut Stir Fry



Walnut-Goat Cheese Stuffed Chicken Breasts

* Supportive but not conclusive research shows that eating 1.5 ounces of walnuts per day as part of a low saturated fat and low cholesterol diet and not resulting in increased caloric intake may reduce the risk of coronary heart disease. (FDA) One ounce of walnuts provides 18g of total fat, 2.5g of monounsaturated fat, 13g of polyunsaturated fat including 2.5g of alpha-linolenic acid – the plant based omega-3.

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DINNER TONIGHT SHOPPING LIST

FOR RECIPES PAGES 24-32

- Honey
- Medium shrimp, peeled and deveined ($\frac{1}{2}$ pound)



WHITE CHEDDAR AND CHIVE POTATO SOUP

- Chives
- Shallots
- Garlic
- Yukon gold potatoes (1 pound)
- Canola oil
- All-purpose flour
- Organic vegetable broth (such as Swanson)
- 1% low-fat milk
- Fat-free sour cream
- Sharp white cheddar cheese (2 ounces)

Kale Salad with Creamy Peppercorn Dressing

- Baby kale
- Fennel bulb
- Garlic
- Canola mayonnaise
- White wine vinegar
- Low-fat buttermilk

Goat Cheese Toasts

- Dill
- Multigrain bread (3 ounces)
- Goat cheese (1½ ounces)



SEARED FLANK STEAK WITH BLUE CHEESE POLENTA

- Thyme
- Ground allspice
- Smoked paprika
- Unsalted chicken stock (such as Swanson)
- Quick-cooking polenta
- 1% low-fat milk
- Blue cheese (1.5 ounces)
- Flank steak (1 pound)

Sautéed Broccolini

- Broccolini (1 pound)
- Canola oil
- Unsalted chicken stock (such as Swanson)
- Balsamic vinegar

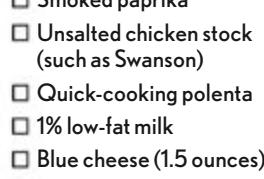


SPINACH AND QUINOA SALAD WITH SHRIMP

- Lemon (1)
- Baby spinach
- English cucumber (1)
- Radishes
- Sugar snap peas
- Dill
- Extra-virgin olive oil
- Quinoa

MOROCCAN-SPICED PORK CHOPS WITH MASHED SWEET POTATOES

- Sweet potatoes (1¼ pounds)
- Garlic
- Ground coriander
- Ground cumin
- Ground cinnamon



- Ground allspice
- Ground red pepper
- Olive oil
- Bottled roasted red bell peppers
- Unsalted almonds
- Sugar
- 2% reduced-fat milk
- Bone-in center-cut loin pork chops (1½ pounds)

Lemony Green Beans

- Lemon (1)
- Green beans (1 pound)
- Butter



MUSHROOM, ASPARAGUS, AND ROASTED RED PEPPER PIZZA

- Asparagus
- 1-pound package presliced cremini mushrooms (1)
- Crushed red pepper
- Olive oil
- Balsamic vinegar
- Bottled roasted red bell peppers
- Lower-sodium marinara sauce (such as Dell'Amore)
- Cornmeal
- Refrigerated fresh pizza dough (12 ounces)
- Fresh mozzarella cheese (4 ounces)

Shaved Carrot and Parsley Salad

- Carrots
- Parsley
- Extra-virgin olive oil
- White wine vinegar

THE DISH

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DINNER
TONIGHT

TWENTY-
MINUTE
COOKING

20

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PHOTOGRAPHY: BRIE PASSANO; FOOD STYLING: KELLIE GERBER KELLEY; PROP STYLING: CLAIRE SPOLLEN



SCAN PHOTOS
& SAVE RECIPES
WITH YOUR PHONE!
▶ SEE PAGE 6



MINUTES

GRILLED SCALLOP SCAMPI KEBABS WITH ARUGULA AND HERB SALAD



Loads of flavor come from a simple combo of olive oil, garlic, and reduced white wine that serves as both a basting liquid and a dressing for the herbaceous salad.

- 1/4 cup extra-virgin olive oil
- 4 garlic cloves, minced
- 1/4 cup dry white wine
- 1/4 cup finely chopped fresh parsley
- 24 sea scallops (about 1 1/2 pounds)
- 16 lemon wedges
- 1/2 teaspoon salt, divided
- 1/4 teaspoon black pepper
- Cooking spray
- 3 cups baby arugula
- 1 cup packed fresh flat-leaf parsley leaves
- 1/4 cup chopped fresh chives

1. Combine olive oil and garlic in a small saucepan over medium-high heat; cook 1 minute. Add wine; bring to a simmer. Remove pan from heat; stir in chopped parsley.
2. Thread 3 scallops and 2 lemon wedges onto each of 8 (4-inch) wooden skewers. Sprinkle with 1/4 teaspoon salt and pepper.
3. Heat a grill pan over high heat. Coat pan with cooking spray; place skewers on pan. Grill 3 minutes; turn. Brush with half of olive oil mixture. Grill 3 minutes.
4. Combine arugula, parsley leaves, and chives in a large bowl. Divide arugula mixture evenly among 4 serving plates. Top each salad with 2 skewers. Drizzle with remaining olive oil mixture; sprinkle scallops with remaining 1/4 teaspoon salt.

SERVES 4

CALORIES 273; **FAT** 14.7g (sat 2.1g, mono 10g, poly 1.7g); **PROTEIN** 22g; **CARB** 11g; **FIBER** 2g; **CHOL** 41mg; **IRON** 2mg; **SODIUM** 580mg; **CALC** 80mg



pasta with bacon, shredded brussels sprouts, and lemon zest

Dicing bacon before tossing it into a pan allows for quicker cooking and even browning. Remove crisped bits with a slotted spoon to keep all of the tasty drippings in the pan.

- 8 ounces uncooked orecchiette pasta
- 3 thick-cut bacon slices, diced
- 1 pound Brussels sprouts, trimmed and thinly shredded

3 garlic cloves, thinly sliced
1 tablespoon grated lemon rind
1 tablespoon fresh lemon juice
2 teaspoons unsalted butter
1/4 teaspoon salt
1/4 teaspoon freshly ground black pepper
1/8 teaspoon crushed red pepper

1. Cook pasta according to package directions, omitting salt and fat.
2. While pasta cooks, cook bacon in a large skillet over medium-high

heat 4 minutes or until bacon is crisp, stirring occasionally. Remove bacon with a slotted spoon; set aside. Add Brussels sprouts and garlic to drippings in pan; sauté 4 minutes or until slightly softened. Stir in bacon, lemon rind, juice, butter, salt, and peppers. Add pasta to skillet; toss to combine. Serve immediately.

SERVES 4 (serving size: 1 1/2 cups)
CALORIES 403; **FAT** 16.4g (sat 5.6g, mono 6.3g, poly 1.7g); **PROTEIN** 14g; **CARB** 53g; **FIBER** 7g; **CHOL** 25mg; **IRON** 4mg; **SODIUM** 416mg; **CALC** 57mg



SCAN PHOTOS, SAVE RECIPES. SEE PAGE 6.

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#ilovecatherines





green pea pesto crostini with prosciutto

Offering a bright pop of color and requiring next to no prep time, these tasty little toasts are equally ideal for special spring gatherings and casual afternoon snacking. You can

assemble them up to 45 minutes before serving and they won't sog out.

- 1 (8-ounce) bag frozen green peas, thawed
- 1 cup fresh basil leaves
- 2 tablespoons extra-virgin olive oil
- 12 ($\frac{1}{4}$ -inch-thick) slices French bread baguette, toasted
- $\frac{1}{4}$ cup part-skim ricotta cheese
- $\frac{1}{2}$ ounce very thinly sliced prosciutto, torn into 12 equal pieces
- $\frac{1}{4}$ teaspoon freshly ground black pepper

1. Combine green peas, basil, and olive oil in the bowl of a food processor; pulse 8 to 10 times or until the mixture is almost smooth.
2. Spread pea mixture evenly over toasted baguette slices. Top each slice with 1 teaspoon ricotta cheese and 1 piece of prosciutto. Sprinkle evenly with black pepper.

SERVES 6 (serving size: 2 crostini)
CALORIES 131; FAT 6g (sat 1.3g, mono 3.6g, poly 0.7g); **PROTEIN** 6g; **CARB** 14g; **FIBER** 2g; **CHOL** 5mg; **IRON** 1mg; **SODIUM** 190mg; **CALC** 55mg



TERIYAKI SALMON RICE BOWLS

Add mushrooms, shredded carrots, or any veggies you have on hand to add even more color and crunch.

- 1½ tablespoons extra-virgin olive oil, divided
- 1 red bell pepper, thinly sliced
- 4 (4-ounce) salmon fillets
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{4}$ teaspoon black pepper
- $\frac{1}{4}$ cup lower-sodium teriyaki sauce, divided
- 2 (8½-ounce) pouches precooked brown rice (such as Uncle Ben's)
- 2 green onions, sliced

1. Heat a medium skillet over medium-high heat. Add 1½ teaspoons oil. Add bell pepper to pan; sauté 2 minutes. Remove bell pepper from pan; set aside.
2. Add remaining 1 tablespoon oil to pan. Sprinkle salmon with salt and pepper. Add to pan; cook 3 minutes. Turn salmon, and brush with 2 tablespoons teriyaki sauce. Cook 3 minutes.
3. Prepare rice according to package directions.
4. Divide rice among 4 bowls. Top each with bell pepper and 1 salmon fillet; drizzle remaining 2 tablespoons teriyaki sauce over bowls. Sprinkle with onions.

SERVES 4 (serving size: $\frac{2}{3}$ cup rice, $\frac{1}{3}$ cup bell pepper, and 1 salmon fillet)
CALORIES 469; **FAT** 23g (sat 4.2g, mono 8.8g, poly 5.8g); **PROTEIN** 29g; **CARB** 39g; **FIBER** 3g; **CHOL** 62mg; **IRON** 2mg; **SODIUM** 693mg; **CALC** 17mg



SUPERFAST!

20

MINUTES



CREAMY ASPARAGUS AND HEARTS OF PALM PASTA

Adding mozzarella cubes creates slightly melted bombs of gooey goodness.

- 8 ounces uncooked multigrain penne pasta
- 1 tablespoon extra-virgin olive oil
- 1 cup chopped yellow onion
- 5 garlic cloves, minced
- 1¾ cups fat-free milk, divided
- 2 tablespoons all-purpose flour
- ¼ teaspoon salt
- ¼ teaspoon black pepper
- 1 (14-ounce) can hearts of palm, rinsed, drained, and coarsely chopped
- 2 cups (1-inch) diagonally cut asparagus
- 1 ounce Parmesan cheese, grated (about ¼ cup)
- 2 ounces fresh mozzarella cheese, cubed

1. Cook pasta according to package directions, omitting salt and fat; drain.
2. Heat a large Dutch oven over medium-high heat. Add oil; swirl to coat. Add onion and garlic; sauté 4 minutes. Combine ¼ cup milk and flour; stir with a whisk. Add flour mixture, 1½ cups milk, salt, pepper, and hearts of palm to pan; bring to a simmer. Add asparagus; cook 4 minutes, stirring frequently. Add Parmesan; cook 30 seconds, stirring constantly. Remove from heat; stir in pasta and mozzarella.

SERVES 4 (serving size: 1½ cups)

CALORIES 390; **FAT** 10.6g (sat 3.4g, mono 2.9g, poly 0.5g); **PROTEIN** 21g; **CARB** 55g; **FIBER** 8g; **CHOL** 17mg; **IRON** 18mg; **SODIUM** 544mg; **CALC** 259mg

veggie lettuce wraps

Because of their strength and malleability, Bibb lettuce leaves are some of the best for loaded lettuce wraps. It's worth picking up a couple of heads if you only have iceberg or romaine in your crisper.

- 2 tablespoons dark sesame oil, divided
- 1½ tablespoons minced peeled fresh ginger
- 1½ tablespoons minced garlic
- 2 (4-ounce) packages presliced shiitake mushroom caps
- 3 tablespoons lower-sodium soy sauce, divided
- 1 (8-ounce) package extra-firm water-packed tofu, drained, cubed, and patted dry
- 1 cup chopped asparagus
- ½ cup chopped red bell pepper
- ½ cup cooked shelled edamame
- ⅓ cup thinly sliced green onions
- 2 teaspoons rice vinegar
- ½ teaspoon freshly ground black pepper
- 1 (8½-ounce) pouch precooked brown rice (such as Uncle Ben's)
- 16 Bibb lettuce leaves
- ¼ cup chopped dry-roasted peanuts

1. Heat a large skillet over medium-high heat. Add 1 tablespoon oil. Add ginger, garlic, and mushrooms; sauté 5 minutes. Place mixture in a large bowl; add 1 tablespoon soy sauce. Add 1 tablespoon oil to pan; swirl to coat. Add

tofu, asparagus, and bell pepper; sauté 2 minutes. Add edamame and onions; sauté 2 minutes. Add tofu mixture, 2 tablespoons soy sauce, vinegar, and pepper to mushroom mixture.

2. Cook rice according to package directions; add rice to tofu mixture. Spoon ¼ cup tofu mixture into each lettuce leaf. Sprinkle with chopped peanuts.

SERVES 4 (serving size: 4 lettuce wraps)
CALORIES 338; **FAT** 17.9g (sat 2.5g, mono 5.7g, poly 4.6g); **PROTEIN** 16g; **CARB** 31g; **FIBER** 6g; **CHOL** 0mg; **IRON** 4mg; **SODIUM** 459mg; **CALC** 89mg



SCAN PHOTOS, SAVE RECIPES. SEE PAGE 6.



MINUTES

1**SIMPLE AVOCADO SALAD**

- 2 tablespoons chopped red onion
- 1½ tablespoons lime juice
- 1½ tablespoons extra-virgin olive oil
- 1 large diced peeled ripe avocado
- 4 cups baby arugula
- ¼ teaspoon salt
- ¼ teaspoon black pepper

1. Combine onion, lime juice, and olive oil in a small bowl, stirring with a whisk. Add avocado; toss gently to combine. Divide arugula among 4 salad plates; top evenly with avocado mixture. Sprinkle evenly with salt and pepper.

SERVES 4 (serving size: 1 salad)

CALORIES 134; **FAT** 12.6g (sat 1.8g, mono 8.6g, poly 1.5g); **PROTEIN** 2g; **CARB** 6g; **FIBER** 4g; **CHOL** 0mg; **IRON** 1mg; **SODIUM** 155mg; **CALC** 41mg

2**SHRIMP AND AVOCADO SALAD**

Combine 2 tablespoons chopped red onion, 1½ tablespoons lime juice, 1½ tablespoons extra-virgin olive oil, 1 tablespoon chopped fresh cilantro, ¼ teaspoon salt, and ¼ teaspoon black pepper in a medium bowl; stir with a whisk. Add 4 ounces peeled and deveined boiled shrimp, cut into small pieces, and 1 diced peeled ripe avocado; toss. Divide 4 cups mixed greens among 4 plates.

Arrange shrimp mixture over greens; sprinkle with 1 tablespoon cilantro.

SERVES 4 (serving size: 1 salad)

CALORIES 154; **FAT** 12.9g (sat 1.8g); **SODIUM** 197mg

**AVOCADO SIDE SALADS****QUICK TIP**

Prechopped red onion is great to keep on hand and makes for even faster (tear-free) prep on these salads.

3**SRIRACHA BLT AVOCADO SALAD**

Combine 2 tablespoons chopped red onion, 1½ tablespoons canola mayonnaise, 2 teaspoons Sriracha, and 2 teaspoons lemon juice in a small bowl; stir with a whisk. Combine ½ cup diced tomato, 1 diced peeled ripe avocado, and 2 slices cooked and crumbled bacon in a medium bowl; toss to combine. Divide 4 cups baby spinach leaves among 4 plates; top evenly with avocado mixture. Drizzle with Sriracha mayo; sprinkle with ¼ teaspoon black pepper.

SERVES 4 (serving size: 1 salad)

CALORIES 159; **FAT** 13.2g (sat 2g); **SODIUM** 223mg

**4****EDAMAME AND RAMEN AVOCADO SALAD**

Combine 2 tablespoons chopped red onion, 1 tablespoon lime juice, 1 tablespoon lower-sodium soy sauce, and 1 tablespoon dark sesame oil; stir with a whisk. Crush noodles from 1 (3-ounce) package ramen noodle soup (discard seasoning). Add ⅓ cup crushed noodles, ⅓ cup cooked edamame, and 1 diced peeled ripe avocado to soy sauce mixture; toss gently. Divide 4 cups chopped romaine lettuce among 4 plates; top with avocado mixture. Top with sections from 1 clementine.

SERVES 4 (serving size: 1 salad)

CALORIES 161; **FAT** 11.4g (sat 1.6g); **SODIUM** 178mg





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SUPERFAST!

chicken-quinoa salad with arugula and pistachios

Mixing fresh herbs into a salad mix adds light and vivacious layers of flavor.

2 1/4 cups water
3/4 cup uncooked quinoa, rinsed
1/4 cup extra-virgin olive oil, divided
4 (3-ounce) skinless, boneless chicken breast cutlets
1/2 teaspoon kosher salt, divided
1/2 teaspoon freshly ground black pepper, divided
2 tablespoons fresh lemon juice
1 1/2 teaspoons Dijon mustard
1 cup cherry tomatoes, halved
4 cups baby arugula
1 cup packed torn basil leaves
1/3 cup shelled unsalted pistachios

1. Combine 2 1/4 cups water and quinoa in a saucepan over high heat; bring to a boil. Boil 10 minutes. Drain and rinse under cold water. Drain; spread on paper towels to dry.
2. While quinoa cooks, heat a large skillet over medium-high heat. Add 1 tablespoon oil. Sprinkle chicken

with 1/4 teaspoon salt and 1/4 teaspoon pepper. Add chicken to pan; cook 2 minutes on each side. Let stand 5 minutes. Cut chicken into thin slices.

3. Combine 2 tablespoons oil, remaining 1/4 teaspoon salt, remaining 1/4 teaspoon pepper, lemon juice, and mustard in a bowl; stir with a whisk. Add tomatoes; toss to coat.
4. Combine cooked quinoa, arugula, and basil in a large bowl. Add remaining 1 tablespoon oil; toss. Divide quinoa mixture among 4 plates. Top with chicken, tomato mixture, and pistachios.

SERVES 4 (serving size: 1 cup salad, 1 chicken cutlet, 1/4 cup tomato mixture, and 1 1/2 tablespoons pistachios)

CALORIES 409; FAT 22.6g (sat 3.1g, mono 13.4g, poly 4.3g); PROTEIN 26g; CARB 27g; FIBER 4g; CHOL 54mg; IRON 3mg; SODIUM 397mg; CALC 89mg

—Recipes by Kate Parham Kordsmeier and Vanessa Seder



**SUPERFAST
ONLINE**

Find dinnertime inspiration at CookingLight.com/Superfast. Browse our full collection of 20-minute recipes—from soups and chicken dinners to snacks and desserts—that will suit your quick-cooking needs.



SCAN PHOTOS, SAVE RECIPES. SEE PAGE 6.



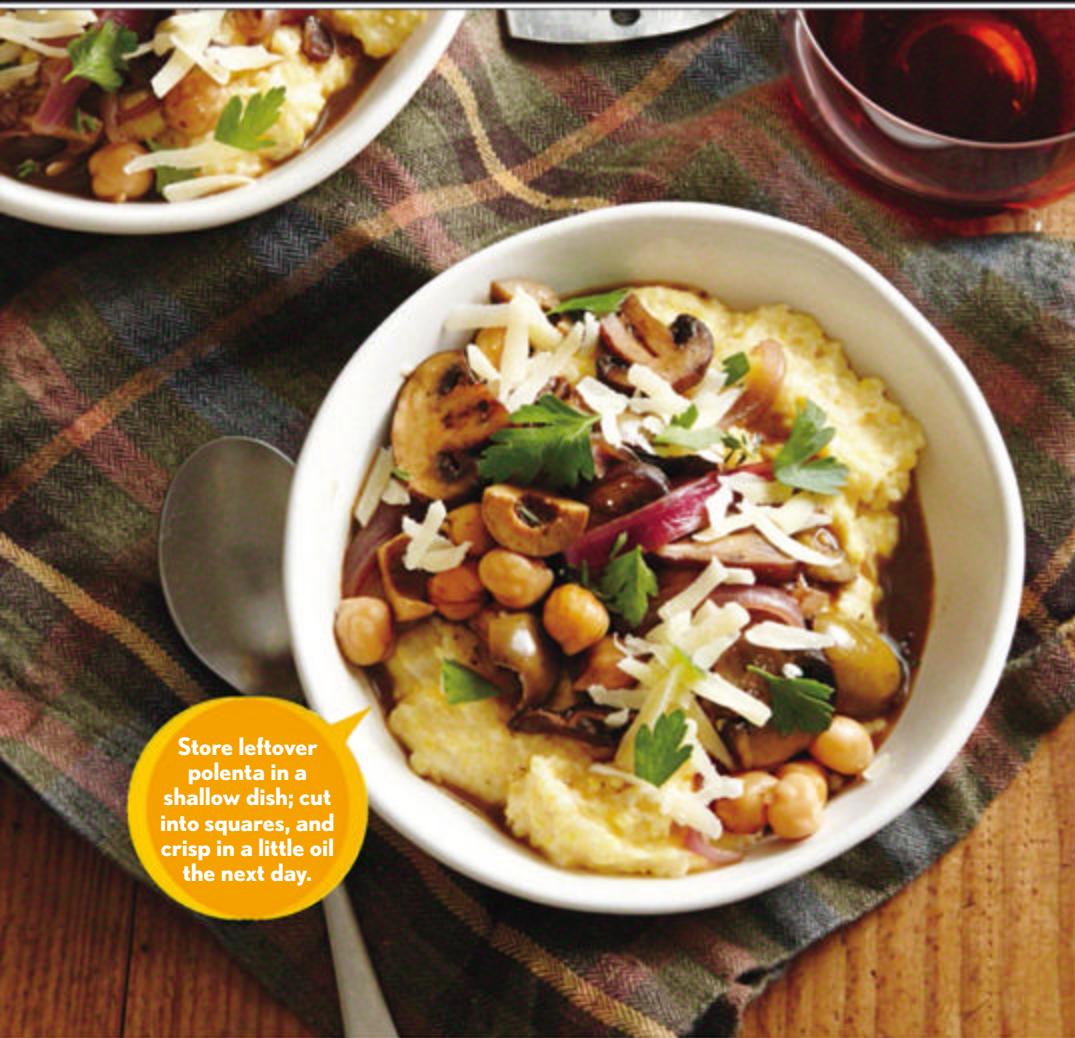
All Natural
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All-natural
sweet potatoes
with a hint of
sea salt.



Pure Creamy Comfort

Each bite of our polenta bowl delivers meaty 'shrooms, briny olives, and hearty chickpeas.



Store leftover polenta in a shallow dish; cut into squares, and crisp in a little oil the next day.

CREAMY POLENTA WITH MUSHROOMS, CHICKPEAS & OLIVES

Hands-on: 30 min. Total: 45 min.

Look for stone-ground polenta or grits for this dish. Admittedly, they take a bit longer to cook, but the results are worth it, adding a creamier texture and hearty, nutty flavor to the dish.

Mushroom medley:

- 1 tablespoon extra-virgin olive oil
- 12 ounces sliced wild mushrooms (about 7 cups)
- 3 garlic cloves, minced
- 1 large red onion, vertically sliced (about 2 cups)
- 1 tablespoon chopped fresh thyme
- ½ cup dry white wine
- 3 tablespoons balsamic vinegar
- 1 cup organic vegetable broth
- ½ teaspoon freshly ground black pepper
- ¼ teaspoon kosher salt
- 12 mixed olives, pitted and coarsely chopped

1 (14.5-ounce) can unsalted chickpeas (garbanzo beans), rinsed and drained

Polenta:

- 3 cups water
- ¼ teaspoon kosher salt
- 1 cup stone-ground polenta or grits
- 2 ounces grated vegetarian Parmesan cheese (about ½ cup), divided
- 3 tablespoons coarsely chopped fresh flat-leaf parsley

1. To prepare medley, heat a large skillet over medium-high heat. Add oil to pan; swirl to coat. Add mushrooms, garlic, onion, and thyme; sauté 8 minutes or until lightly browned, stirring frequently. Add wine and vinegar; cook 2 minutes or until liquid is reduced by half. Add broth, pepper, ¼ teaspoon salt, olives, and chickpeas; bring to a boil. Reduce heat to medium; simmer 6 minutes or until slightly thickened.

2. To prepare polenta, bring 3 cups water and ¼ teaspoon salt to a boil in a medium, heavy saucepan over medium-high heat. Gradually add polenta, stirring constantly with a whisk. Reduce heat to low; cook 30 minutes or until thick and creamy, stirring frequently. Stir in 1 ounce cheese.

3. Divide polenta evenly among 6 shallow bowls. Top evenly with mushroom mixture. Sprinkle evenly with remaining 1 ounce cheese and parsley.

SERVES 6 (serving size: about ½ cup polenta and 1 cup mushroom mixture)

CALORIES 251 | **FAT** 6.6g (sat 2g, mono 2.5g, poly 0.4g); **PROTEIN** 10g; **CARB** 35g; **FIBER** 4g; **CHOL** 8mg; **IRON** 2mg; **SODIUM** 510mg; **CALC** 159mg

—Recipe by Jeanne Kelley



Fork-Tender Beef & Veggies

Set it and forget it: The slow cooker works its magic on our easy brisket dinner.

SLOW COOKER BEEF AND CABBAGE WITH POTATOES AND CARROTS

Hands-on: 35 min. Total: 8 hr. 35 min.
 There's no better way to celebrate St. Paddy than with a showstopping feast of beef, cabbage, carrots, and potatoes. To create the traditional flavor profile of corned beef and cabbage without the traditionally massive sodium spike, we simmer brisket in a strong aromatic spice blend at low and slow heat rather than starting with brined beef.

- 1 3/4 teaspoons salt, divided
- 3/4 teaspoon freshly ground black pepper, divided
- 2 tablespoons brown sugar
- 2 teaspoons ground mustard
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground ginger
- 1/4 teaspoon ground cloves
- 1 (2-pound) beef brisket, trimmed
- 1 cup unsalted beef stock (such as Swanson)
- 3 tablespoons cider vinegar
- 2 teaspoons Worcestershire sauce
- 2 medium onions, cut into wedges
- 4 garlic cloves, crushed
- 2 bay leaves
- 1 head Savoy cabbage, halved
- 2 pounds small red potatoes, quartered
- 1 pound trimmed baby carrots
- 1 tablespoon unsalted butter, melted

1. Combine 1 1/2 teaspoons salt, 1/2 teaspoon pepper, and next 5 ingredients (through cloves) in a small bowl. Rub mixture over all sides of brisket. Place brisket in a 5- to 6-quart slow cooker. Add stock and next 5 ingredients (through bay leaves). Arrange cabbage halves over top. Cook on LOW 8 hours or until beef is very tender. Transfer beef to a cutting board; discard bay leaves.
2. Place potatoes and carrots in a large



saucepan; add cold water to cover potatoes by 1 inch. Bring to a boil; cook 8 to 10 minutes or until tender. Drain. Toss with remaining 1/4 teaspoon salt, remaining 1/4 teaspoon pepper, and butter. Cut brisket across the grain into thin slices. Cut each cabbage half into

4 wedges. Serve brisket with onions, cabbage, potatoes, carrots, and jus.

SERVES 8 (serving size: 3 ounces beef, 1/8 head cabbage, 3/4 cup potato and carrot mixture, and about 1/4 cup jus)
CALORIES 352; **FAT** 10.4g (sat 4g, mono 4.4g, poly 0.5g);
PROTEIN 28g; **CARB** 37g; **FIBER** 7g; **CHOL** 74mg;
IRON 4mg; **SODIUM** 718mg; **CALC** 102mg

—Recipe by Jackie Plant





Curry Some Flavor

Raise the bar on supper with a sweetly spiced chicken dish and mix-and-match toppings.

CHICKEN CURRY BAR

Hands-on: 19 min.

Total: 35 min.

Kids will have fun making their own custom creations when you set out lots of tasty topping options. If your cilantro and mint leaves are small, you can leave them whole.

- 1 tablespoon canola oil
- 1 large white onion, vertically sliced
- 2 garlic cloves, minced
- 2 pounds skinless, boneless chicken thighs, cut into 1-inch-thick slices
- 2 teaspoons curry powder
- 1 teaspoon salt
- 1 cup unsalted chicken stock
- 1 cup light coconut milk
- ½ teaspoon crushed red pepper
- ½ cup flaked unsweetened coconut, toasted
- ½ cup slivered almonds, toasted
- ½ cup golden raisins
- ½ cup dried banana chips
- ½ cup thinly sliced green onions
- ¼ cup chopped fresh cilantro
- ¼ cup thinly sliced mint leaves
- 8 lime wedges
- 4 cups precooked brown rice

1. Heat oil in a large skillet over medium-high heat. Add white onion and garlic; sauté 5 minutes, stirring frequently. Add chicken, curry powder, and salt, tossing to coat. Cook 7 minutes or until chicken is thoroughly cooked, stirring



occasionally. Add stock, coconut milk, and pepper; bring to a boil. Reduce heat to medium-low; simmer 15 minutes or until sauce thickens, stirring occasionally.

2. Place coconut, almonds, raisins, banana chips, green onions, cilantro, mint, and lime wedges each in small

serving bowls. Spoon ½ cup rice into each of 8 shallow bowls; top each serving with about ¾ cup chicken mixture. Serve immediately along with toppings.

SERVES 8 (serving size: ¾ cup curry mixture; ½ cup rice; about 1 tablespoon each coconut, almonds, raisins, banana chips, and green onions; 1½ teaspoons cilantro; 1½ teaspoons mint; and 1 lime wedge)

CALORIES 409; **FAT** 16.6g (sat 7g, mono 3.6g, poly 1.7g); **PROTEIN** 29g; **CARB** 38g; **FIBER** 5g; **CHOL** 0mg; **IRON** 3mg; **SODIUM** 417mg; **CALC** 66mg



Recipe adapted from We Heart Cooking: Totally Tasty Food for Kids by Lilly and Audrey Andrews—a collaboration with Cooking Light.

MINT PREP

Older kids can develop knife skills by cutting herbs into ribbons; little ones should simply tear the leaves with their fingers.

1 **PICK** leaves from stems, and stack them in piles of about 5 or 6 leaves. Match leaf sizes to create uniform stacks.

2 **ROLL** a stack from the tips of the leaves into a cylinder. Roll the leaves tightly, but not so tight that they bruise.

3 **THINLY CUT** the roll crosswise into thin strips. A paring knife is best for smaller hands and small tasks such as this.



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MIX UP
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DINNER
TONIGHT



Fennel: Spring's Early Treasure

These firm, hefty bulbs hide a caramel-like sweetness behind their licorice flavor.

BRAISED FENNEL WITH PARMESAN BREADCRUMBS

Hands-on: 15 min.
Total: 35 min.

STAFF FAVE A quick sear in a little butter caramelizes the fennel wedges and mingles their licorice notes, while braising in stock transforms the texture from crunchy to meltingly tender, almost velvety. Breadcrumbs spiked with nutty Parm-Reg top off this fast, supersimple side. Pair with quickly seared pork chops or roasted chicken thighs.

3 medium fennel bulbs, trimmed and halved lengthwise
4 teaspoons butter, divided
½ cup dry white wine
½ cup unsalted chicken stock (such as Swanson)
¼ teaspoon kosher salt
¼ teaspoon freshly ground black pepper
4 thyme sprigs
½ cup fresh breadcrumbs
1 tablespoon chopped fresh flat-leaf parsley
1 ounce Parmigiano-Reggiano cheese, grated (about ¼ cup)

1. Cut each fennel half into 3 wedges. Melt 2 teaspoons butter in a large nonstick skillet over medium-high heat. Add fennel; cook 7 minutes or until browned, stirring occasionally. Add wine, stock, salt, pepper, and thyme sprigs; bring to a simmer. Cover, reduce heat, and simmer 20 minutes or until tender. Increase heat to medium-high; cook, uncovered, 1 minute or until liquid is slightly thickened. Remove thyme sprigs from pan; discard.
2. Melt remaining 2 teaspoons butter in a small

skillet over medium heat. Add breadcrumbs; cook 3 minutes or until browned, stirring frequently. Remove pan from heat; stir in parsley and cheese. Arrange fennel wedges on a platter. Sprinkle breadcrumb mixture evenly over fennel.

SERVES 6 (serving size: 3 fennel wedges and about 2 tablespoons breadcrumb mixture)

CALORIES 117; FAT 4.3g (sat 2.5g, mono 11g, poly 0.2g); **PROTEIN** 5g; **CARB** 13g; **FIBER** 4g; **CHOL** 11mg; **IRON** 1mg; **SODIUM** 282mg; **CALC** 117mg

—Recipe by David Joachim

Two irresistible flavors

I can't believe they're making a megastar like me do this.

Hey, I know those guys.





While the tough fennel core is often removed, this slow braise makes it tender—so less prep. Find more fennel tips on page 153.

under 200 calories.

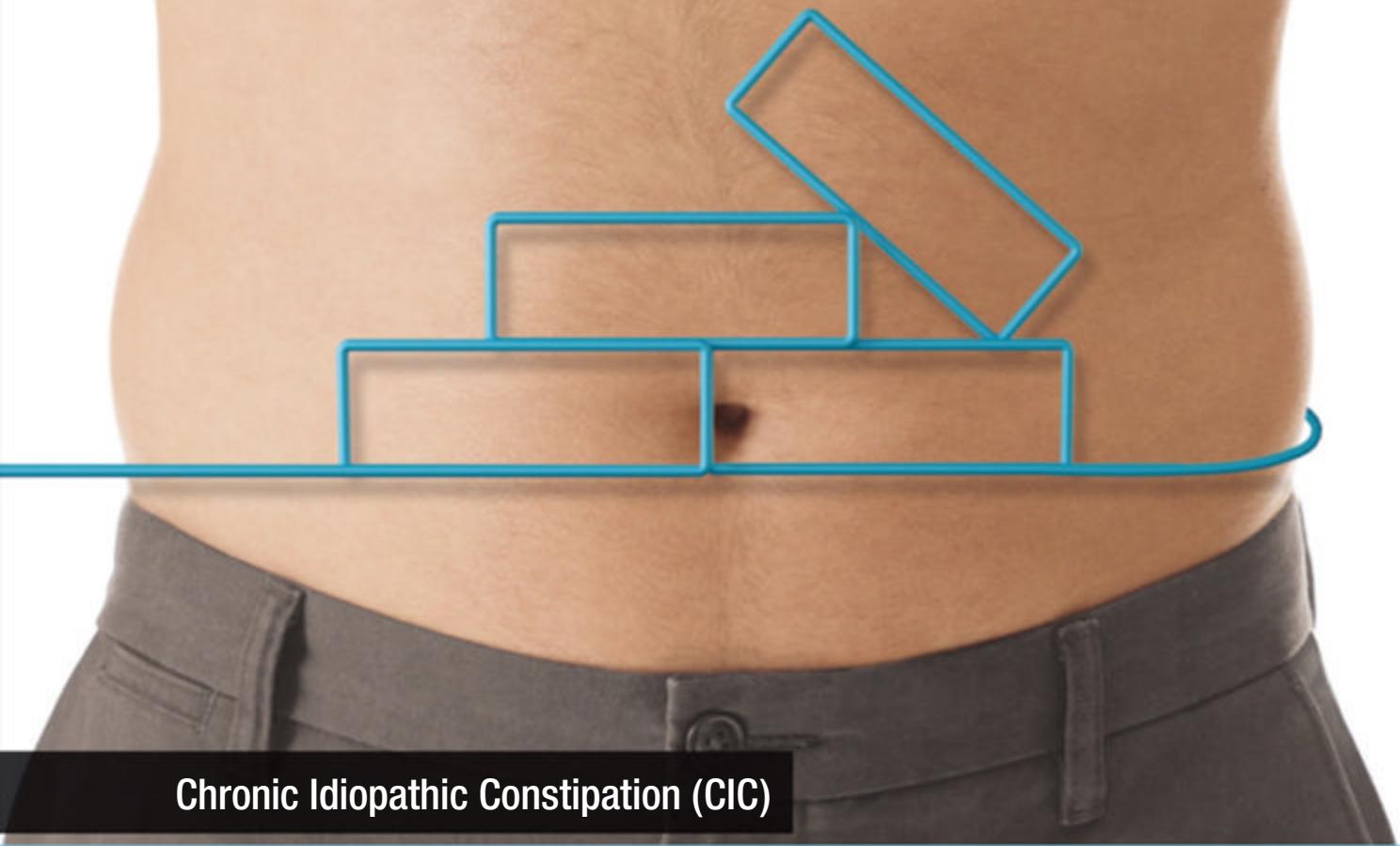
I don't like the way people are looking at us.



I better be getting paid overtime for this.



Constipation that feels like bricks piling up?



Chronic Idiopathic Constipation (CIC)

LINZESS may provide the relief you need.

LINZESS is a once-daily capsule that helps adults **proactively** manage the symptoms of Irritable Bowel Syndrome with Constipation (IBS-C) or Chronic Idiopathic Constipation (CIC). "Chronic" means the constipation is long-lasting or keeps coming back. "Idiopathic" means the cause is unknown. LINZESS is the first and only approved treatment in a new class of drugs that work differently from other available medications. It acts locally in the intestine and is thought to work in two ways: by helping to calm pain-sensing nerves*, and by accelerating bowel movements.

*This was seen in animal studies and the relevance to humans is not known.

Who is LINZESS for?

Prescription LINZESS® (linaclotide) is for adults with IBS-C or CIC.

It is not known if LINZESS is safe and effective in children.

IMPORTANT RISK INFORMATION

- **Do not give LINZESS to children who are under 6 years of age. It may harm them.**
- **You should not give LINZESS to children 6 to 17 years of age. It may harm them.**
- Do not take LINZESS if a doctor has told you that you have a bowel blockage (intestinal obstruction).

Before you take LINZESS, tell your doctor:

- If you have any other medical conditions.
- If you are pregnant or plan to become pregnant. It is not known if LINZESS will harm your unborn baby.
- If you are breastfeeding or plan to breastfeed. It is not known if LINZESS passes into your breast milk.
- **About all the medicines you take**, including prescription and non-prescription medicines, vitamins, and herbal supplements.

Belly pain and constipation that feel like a giant knot?

Irritable Bowel Syndrome with Constipation (IBS-C)

Ask your doctor about LINZESS today.

Side Effects

LINZESS can cause serious side effects, including diarrhea, the most common side effect, which can sometimes be severe. Diarrhea often begins within the first 2 weeks of LINZESS treatment. Stop taking LINZESS and call your doctor right away if you get severe diarrhea during treatment with LINZESS.

Other common side effects of LINZESS include gas, stomach-area (abdominal) pain, swelling, or a feeling of fullness or pressure in your abdomen (distension). Tell your doctor if you have any side effect that bothers you or that does not go away. These are not all the possible side effects of LINZESS. For more information, ask your doctor or pharmacist.

In addition, call your doctor or go to the nearest hospital emergency room right away if you develop unusual or severe stomach-area (abdominal) pain, especially if you also have bright red, bloody stools or black stools that look like tar.

To learn about our money saving offer, visit LINZESS.com.

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You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.FDA.gov/medwatch or call 1-800-FDA-1088.

Please see brief summary of Medication Guide on the next page.



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**Brief Summary of
Important Risk Information**
**LINZESS® (lin-ZESS)
Capsules**



This information does not take the place of talking to your doctor about your medical condition or your treatment.

What is LINZESS?

LINZESS is a prescription medication used in adults to treat irritable bowel syndrome with constipation (IBS-C) and a type of constipation called chronic idiopathic constipation (CIC). "Idiopathic" means the cause of the constipation is unknown. **It is not known if LINZESS is safe and effective in children.**

What is the most important information I should know about LINZESS?

- **Do not give LINZESS to children who are under 6 years of age. It may harm them.**
- **You should not give LINZESS to children 6 to 17 years of age. It may harm them.**

Who should not take LINZESS?

- **Do not give LINZESS to children who are under 6 years of age.**
- Do not take LINZESS if a doctor has told you that you have a bowel blockage (intestinal obstruction).

What should I tell my doctor before taking LINZESS?

Before you take LINZESS, tell your doctor:

- If you have any other medical conditions.
- If you are pregnant or plan to become pregnant. It is not known if LINZESS will harm your unborn baby.
- If you are breastfeeding or plan to breastfeed. It is not known if LINZESS passes into your breast milk. Talk with your doctor about the best way to feed your baby, if you take LINZESS.
- **About all the medicines you take,** including prescription and non-prescription medicines, vitamins and herbal supplements.

How should I take LINZESS?

- Take LINZESS exactly as your doctor tells you to take it.
- Take LINZESS one time each day on an empty stomach, at least 30 minutes before your first meal of the day.
- Swallow LINZESS capsules whole. Do not break or chew the capsules.
- If you miss a dose, skip the missed dose. Just take the next dose at your regular time. Do not take 2 doses at the same time.

What are the possible side effects of LINZESS?

LINZESS can cause serious side effects, including:

- **Diarrhea is the most common side effect of LINZESS, and it can sometimes be severe.** Diarrhea often begins within the first 2 weeks of LINZESS treatment.
- **Stop taking LINZESS and call your doctor right away if you get severe diarrhea during treatment with LINZESS.**

Other common side effects of LINZESS include:

- gas
- stomach-area (abdomen) pain
- swelling, or a feeling of fullness or pressure in your abdomen (distention)

Tell your doctor if you have any side effect that bothers you or that does not go away. These are not all the possible side effects of LINZESS. For more information, ask your doctor or pharmacist.

In addition, call your doctor or go to the nearest hospital emergency room right away if you develop unusual or severe stomach-area (abdomen) pain, especially if you also have bright red, bloody stools or black stools that look like tar.

Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

How should I store LINZESS?

- Store LINZESS at room temperature between 68°F to 77°F (20°C to 25°C).
- It is important to keep LINZESS in the bottle that it comes in.
- The LINZESS bottle contains a desiccant packet to help keep your medicine dry (protect it from moisture). Do not remove the desiccant packet from the bottle.
- Keep the container of LINZESS tightly closed and in a dry place.

Keep LINZESS and all medicines out of the reach of children.

Need more information?

- This section summarizes the most important information about LINZESS. If you would like more information, talk with your doctor.
- Go to www.LINZESS.com or call 1-800-678-1605.

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Subsidiary of Forest Laboratories, Inc.
St. Louis, Missouri 63045

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Based on PI 072-14000212-F-RMC18356-08/13

LIN15686 03/14

weekend warrior

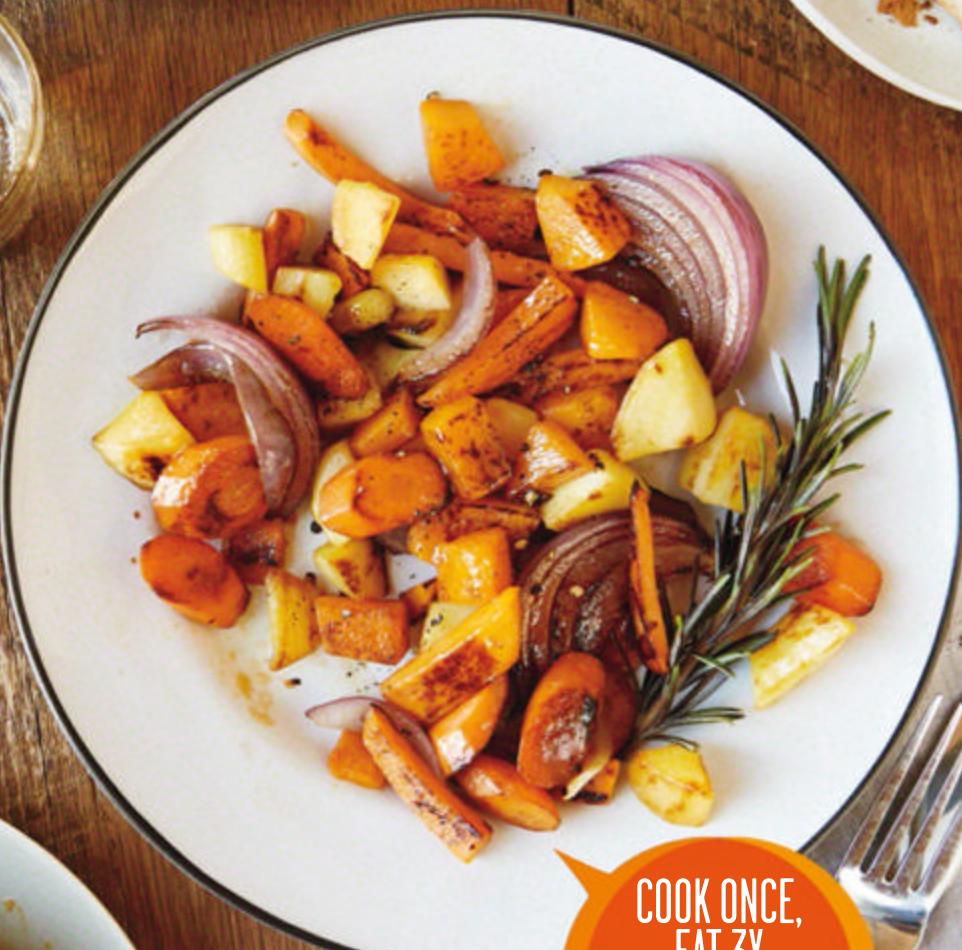
DINNER
TONIGHT

GET-AHEAD
COOKING



Mustard-Glazed Chicken with Roasted Vegetables, p. 64

PHOTOGRAPHY: JENNIFER CAUSEY; FOOD STYLING: BLAKESLEE WRIGHT GILES; PROP STYLING: CLAIRE SPOLLEN



COOK ONCE,
EAT 3X

No need to double the vegetables—this recipe makes a big batch for three simple meals.



1

MUSTARD-GLAZED CHICKEN WITH ROASTED VEGETABLES

Hands-on: 45 min. Total: 55 min.

- 6 cups cubed peeled butternut squash (about 3 pounds)
- 3 medium carrots, peeled and cut into $\frac{1}{2}$ -inch pieces (about 1 cup)
- 2 parsnips, peeled and cut into $\frac{1}{2}$ -inch pieces (about $2\frac{1}{2}$ cups)
- 2 small red onions, cut into 1-inch wedges
- 1 medium sweet potato, peeled and cut into $\frac{1}{2}$ -inch pieces (about 2 cups)
- $\frac{1}{4}$ cup extra-virgin olive oil, divided
- 1 tablespoon minced fresh rosemary
- $\frac{3}{4}$ teaspoon kosher salt, divided
- $\frac{3}{4}$ teaspoon pepper, divided
- 4 (6-ounce) skinless, boneless chicken breast halves
- $\frac{1}{2}$ cup unsalted chicken stock
- $\frac{1}{4}$ cup dry white wine
- 2 tablespoons whole-grain mustard
- 2 teaspoons honey

1. Place 2 baking sheets in oven. Preheat oven to 425° (leave pans in oven).
2. Combine first 5 ingredients in a large bowl. Add 3 tablespoons oil, rosemary, $\frac{1}{2}$ teaspoon kosher salt, and $\frac{1}{2}$ teaspoon pepper; toss. Arrange vegetable mixture on preheated baking sheets. Bake at 425° for 30 minutes, stirring after 15 minutes. Cool slightly; reserve 6 cups vegetable mixture.
3. Heat remaining 1 tablespoon oil in a large skillet over medium-high heat. Sprinkle chicken with remaining $\frac{1}{4}$ teaspoon salt and $\frac{1}{4}$ teaspoon pepper; cook 5 minutes on each side or until done. Remove chicken from pan. Add stock and wine to pan; cook 2 minutes. Stir in mustard and honey. Add chicken, turning to coat. Serve with remaining 2 cups vegetable mixture.

SERVES 4 (serving size: 1 chicken breast half and $\frac{1}{2}$ cup vegetable mixture)

CALORIES 342; **FAT** 10.5g (sat 1.8g, mono 5.7g, poly 1.4g); **PROTEIN** 38g; **CARB** 20g; **FIBER** 3g; **CHOL** 109mg; **IRON** 1mg; **SODIUM** 596mg; **CALC** 57mg



2

ROASTED VEGETABLE AND SPINACH TURNOVERS

Preheat oven to 400° . Heat 1 teaspoon olive oil in a large skillet over medium heat; swirl. Add 2 teaspoons minced garlic and $\frac{1}{4}$ teaspoon crushed red pepper; sauté 30 seconds. Stir in 5 cups baby spinach until wilted. Stir in 2 cups vegetable mixture. Divide 1 (11-ounce) package refrigerated French bread dough into 4 portions; roll each portion into a 6×3 -inch rectangle. Place $\frac{1}{2}$ cup vegetable mixture on each rectangle; top each with $\frac{1}{4}$ ounce diced $\frac{1}{3}$ -less-fat cream cheese. Fold dough over filling; crimp to seal. Arrange turnovers on a parchment-lined baking sheet; coat with cooking spray. Sprinkle with 1 ounce shredded part-skim mozzarella cheese and $\frac{1}{4}$ teaspoon black pepper. Bake at 400° for 20 minutes.

SERVES 4 (serving size: 1 turnover)

CALORIES 329; **FAT** 9.4g (sat 3.3g); **SODIUM** 612mg

3

ROASTED VEGETABLE SOUP

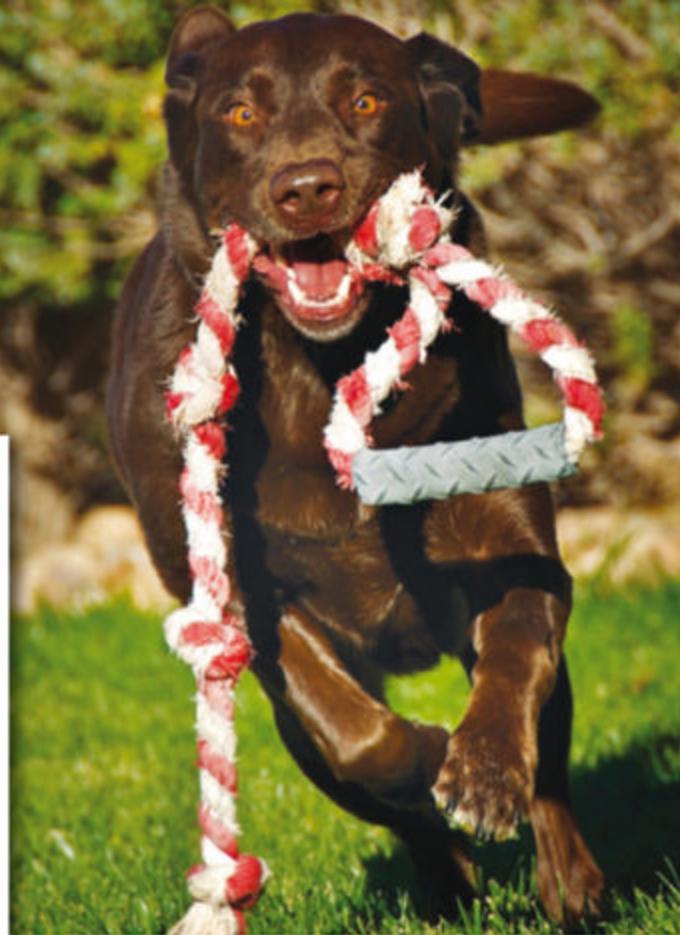
Heat 4 cups unsalted chicken stock in a large saucepan over medium heat. Place 4 cups vegetable mixture in the bowl of a food processor. Add stock, 1 cup at a time, processing after each addition until smooth. Add soup to saucepan; simmer 2 minutes. Stir in $\frac{1}{3}$ cup light sour cream, 2 teaspoons cider vinegar, $\frac{1}{4}$ teaspoon kosher salt, $\frac{1}{8}$ teaspoon ground red pepper, and $\frac{1}{8}$ teaspoon ground nutmeg. Place $1\frac{1}{2}$ cups soup in each of 4 bowls; top each serving with 1 cooked and crumbled bacon slice and 1 teaspoon chopped parsley.

SERVES 4

CALORIES 259; **FAT** 10.3g (sat 3g); **SODIUM** 576mg

—Recipes by Hannah Klinger





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BLUE Basics® is a limited-ingredient diet designed to minimize the food sensitivities some dogs experience, while providing them with a delicious and nutritious meal. It always starts with salmon, turkey or duck — proteins not common in dog foods — and includes easily digestible oatmeal, rice and potatoes.

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DINNER
TONIGHT



FREEZE IT!

Meatballs and Marinara

What's better than homemade meatballs?
Having another batch of them at the ready.

GET AHEAD

Enjoy one batch of
saucy meatballs for Sunday
dinner, then freeze another
for a busy night. Find step-
by-step freezing and
reheating instructions
on page 69.



Spaghetti and
Meatballs in
Tomato-Basil
Sauce, page 68

PHOTOGRAPHY: JENNIFER CAUSEY; FOOD STYLING: BLAKESLEE WRIGHT GILES; PROP STYLING: CLAIRE SPOFFLEN



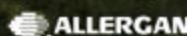
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DINNER
TONIGHT

WEEKEND
WARRIOR



SPAGHETTI AND MEATBALLS IN TOMATO-BASIL SAUCE

Hands-on: 60 min.

Total: 1 hr. 15 min.

Feed a crowd of 8 tonight, or cook 6 ounces pasta to serve 4 and freeze half the meatball mixture for later. Spoon into whole-wheat hoagie rolls instead of over pasta.

Sauce:

- 1 tablespoon extra-virgin olive oil
- 1 cup chopped onion
- 5 garlic cloves, minced
- 1½ teaspoons dried basil
- ¼ cup tomato paste
- ½ cup dry red wine

2 (15-ounce) cans unsalted crushed tomatoes

2 (14.5-ounce) cans unsalted diced tomatoes, undrained

1 tablespoon sugar

½ teaspoon kosher salt

¼ teaspoon black pepper

Meatballs:

Cooking spray

2 (1-ounce) slices whole-grain bread

½ cup finely chopped onion

½ cup chopped fresh flat-leaf parsley, divided

½ teaspoon kosher salt

¼ teaspoon black pepper

1½ pounds 90% lean ground sirloin

6 ounces sweet Italian sausage, casings removed

3 garlic cloves, minced

2 eggs, lightly beaten

12 ounces uncooked whole-grain spaghetti

1. To prepare sauce, heat a Dutch oven over medium-high heat. Add oil; swirl to coat. Add 1 cup chopped onion, 5 garlic cloves, and basil to pan; cook 4 minutes, stirring frequently. Add tomato paste; cook 1 minute, stirring constantly. Stir in wine; cook 2 minutes. Add tomatoes and sugar; bring to a boil. Reduce heat, and simmer 25 minutes or until thickened, stirring occasionally. Stir in ½ teaspoon salt and ¼ teaspoon pepper.

2. Preheat oven to 450°.

3. To prepare meatballs, coat 2 baking sheets with cooking spray. Tear bread into pieces, and place in the bowl of a food processor; pulse until fine crumbs form. Place breadcrumbs, ½ cup chopped onion, ½ cup

parsley, and next 6 ingredients (through eggs) in a large bowl; stir until combined. Shape into 40 meatballs (about 2 tablespoons each); arrange meatballs on prepared pans. Bake at 450° for 15 minutes. Add meatballs to tomato sauce; simmer 10 minutes, stirring occasionally. Follow freezing instructions, or continue recipe.

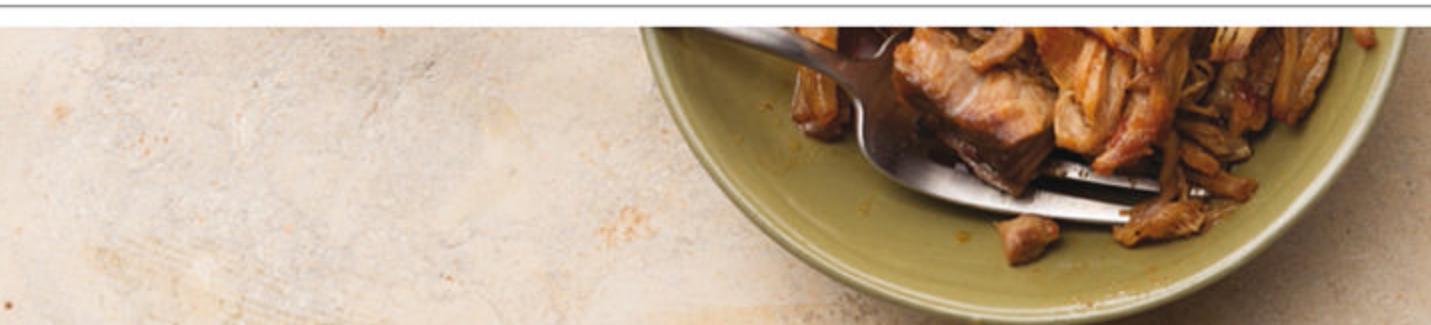
4. Cook pasta according to package directions, omitting salt and fat. Drain. Top pasta with meatball mixture. Sprinkle with remaining 3 tablespoons parsley.

SERVES 8 (serving size: 5 meatballs, about ¾ cup sauce, and about ¾ cup pasta)

CALORIES 479; **FAT** 14.2g (sat 4.7g, mono 6.3g, poly 1.5g); **PROTEIN** 30g; **CARB** 53g; **FIBER** 6g; **CHOL** 105mg; **IRON** 6mg; **SODIUM** 544mg; **CALC** 112mg

—Recipe by David Bonom

FREEZE IT!



porkapeñoswi

Triscuit starts with simple ingredients like 100% whole grain wheat.* Then we added Swiss cheese, zesty jalapeños and pulled pork. Where you take your Triscuit is entirely up to you.

Triscuit madeformore

pinterest.com/triscuit

HOW-TO



FREEZE

Cool meatball mixture completely. Place in a large zip-top freezer bag, and freeze.



THAW

Hold bag under running water for 1 minute. Remove meatball mixture from bag; place in a microwave-safe dish, and cover with plastic wrap. Microwave at MEDIUM (50% power) for 12 minutes, stirring every 3 minutes.



REHEAT

Microwave at HIGH for 3 minutes or until thoroughly heated.

ILLUSTRATION: HARRY MALT

Make the Most of Your Freezer

5 tips for better freezing, thawing, and reheating

1 FREEZE THE RIGHT STUFF

Saucy dishes, soups, and stews freeze well since liquids are fairly forgiving upon reheating. Individual items like dumplings, small pizzas, or potpies reheat quickly and evenly. Cooked grains and pastas lose valuable starch upon storing—it's best to enjoy those the week they're made.

2 SIZE IT SMARTLY

Most casserole dishes are too big for the microwave (handles also pose problems). Look for square glass containers like Ziploc VersaGlass—they'll fit in your microwave and won't hog space in your freezer.

3 USE THE BEST BAG

Large plastic freezer bags are made of thicker plastic than regular zip-top plastic bags, a better guard against freezer burn. Lay flat to maximize freezer space, then microwave until pliable before moving to a dish or saucepan.

4 PLAN FOR THE THAW

Every food is freezable, technically. But when it comes to thawing and reheating, some require an overnight thaw or up to 2 hours in the oven—not so convenient for hectic weeknights. We believe that for real convenience, recipes should go from freezer to table in an hour or less. For longer thaws, remember to plan ahead.

5 LABEL CLEARLY

The freezer can quickly become a lost world for forgotten dishes and odds and ends you're just not ready to use or throw away.

Label containers clearly with the date they were made and a date 2 months in the future, by which the dish should be used. Keep a list of meals on the freezer door and cross out as the freezer empties.



sscuit



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DINNER
TONIGHT

WEEKEND
WARRIOR



SUNDAY STRATEGIST

5 More Menu Ideas

Try these dinner favorites
for a delicious week ahead.

Get these recipes, weekly plans, and shopping lists
at CookingLight.com/SundayStrategist.

MONDAY



Butternut Squash and
Smoky Black Bean Salad
+ Goat Cheese Crostini

TUESDAY



White Bean and
Turkey Chili
+ Apple Salad with
Mustard Dressing

WEDNESDAY



Pasta with Bacon,
Shredded Brussels
Sprouts, and Lemon Zest

THIS ISSUE, PAGE 42

THURSDAY



Pork Tenderloin Medallions
and Balsamic Reduction
+ Goat Cheese Grits

FRIDAY



Teriyaki Salmon Rice Bowl
THIS ISSUE, PAGE 44
Dessert Bonus:
Double-Chocolate Cookies

TIP!

If you don't quite have a plan when you get to the store, shop the perimeter first for produce, meats, and dairy, so you'll be less tempted by more processed foods in the center aisles. Do a mental inventory of the possible meals ahead based on what's in your cart, just as you'd plan outfits when packing a suitcase.



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nutrition *(Making sense of all that science)* made easy

A Healthy Sub for Heavy Cream

Whole grains play the new heavy in bisques, chowders

BY SIDNEY FRY, MS, RD

Few things cut through the chill of winter like a warm, cozy bowl of soup—most notably the spoon-clinging, belly-warming cream-based varieties. Heavy cream can be used as the base stock of the recipe or to finish, with a thickening power that adds not just silky-smooth richness and texture, but a good bit of saturated fat as well. Just a 2-tablespoon splash adds 7 grams to one bowl—a third of your daily allotment.

Sub lower-fat milk or yogurt to lighten, and you'll have a curdled mess once that soup comes to a simmer. But what about a whole grain? When overcooked in broth and pureed with low-fat milk, brown rice becomes a rich, nutty cream that not

only thickens but also adds a velvety-smooth mouthfeel with only 7 calories and no sat fat per tablespoon. Test it for yourself in our broccoli-cheese soup makeover (see recipe and technique on page 84), or use instead of heavy cream in tomato-basil soup or clam chowder.

THE FORMULA

Bring 2 cups unsalted chicken stock and $\frac{1}{2}$ cup uncooked instant brown rice to a boil in a small saucepan over medium-high heat. Cover, reduce heat, and simmer 25 minutes. Remove from heat; let stand 5 minutes. Blend mixture and 1 cup 1% low-fat milk in a blender until smooth. Makes 3 cups.

THE COMPARISON

COOKING LIGHT BROWN RICE CREAM

107 calories
1.3g fat
0.5g sat fat
per cup

HEAVY WHIPPING CREAM

828 calories
89g fat
55g sat fat
per cup



INSIDE

7 TASTY WAYS TO TOP YOUR PANCAKES p. 78 | BROCCOLI-CHEESE SOUP MAKEOVER p. 83

150-Calorie Pancake Toppers

Some savory, some sweet—7 healthy ways to perk up whole-grain flapjacks

BY SIDNEY FRY, MS, RD

STRAWBERRY-BANANA BUTTER

2 teaspoons creamy peanut butter mixed with 1½ tablespoons warm 1% low-fat milk + ¼ cup sliced strawberries + ¼ cup sliced banana + 1½ teaspoons maple syrup

CALORIES 145; FAT 5.6g (sat 1.3g); PROTEIN 4g; SODIUM 61mg



TROPICAL BROWNSTEIN BUTTER

¼ cup diced pineapple + 1 teaspoon browned butter combined with 2 tablespoons part-skim ricotta cheese and ¼ teaspoon vanilla extract + ¼ cup thinly sliced kiwifruit + ½ teaspoons toasted unsweetened coconut

CALORIES 143; FAT 8.2g (sat 5.4g); PROTEIN 4g; SODIUM 42mg



TART-SWEET LEMON BLACKBERRY

1½ tablespoons lemon curd mixed with 1 tablespoon 1% low-fat milk + 1 tablespoon sifted powdered sugar + ½ cup blackberries + 1 tablespoon fresh mint or basil leaves

CALORIES 147; FAT 1.9g (sat 0.9g); PROTEIN 1g; SODIUM 23mg



WHOLE-WHEAT BUTTERMILK PANCAKES

SERVING SIZE 2 pancakes
CALORIES 143; FAT 8.2g (sat 5.4g); PROTEIN 4g; SODIUM 42mg

Get the recipe at CookingLight.com/Features.

ORANGE CREAMSICLE CRUNCH

1½ teaspoons mascarpone cheese + 1 tablespoon warm orange marmalade + ½ teaspoons thinly sliced almonds + ¼ cup fresh orange segments

CALORIES 147; FAT 8g (sat 3.6g); PROTEIN 2g; SODIUM 19mg



Nothing tops hot whole-wheat pancakes quite like butter and maple syrup. But those tasty add-ons nearly triple the calories of your healthy breakfast, taking it from 143 calories for two 4-inch cakes to 415 with 2 pats of butter (72 calories) and 4 tablespoons syrup (200 calories). Time for something healthier. Here are seven options that top out around 150 calories to help put breakfast on the table without sacrificing nutrition.



SWEET & SPICY EGG

1 teaspoon chopped fresh chives or green onions •
½ teaspoon Sriracha • 2 teaspoons honey drizzle • 1 large egg fried in 1 teaspoon butter
CALORIES 151; FAT 8.6g (sat 4g); PROTEIN 6g; SODIUM 122mg

CHEDDAR, BACON & APPLE

1 tablespoon apple butter mixed with 1 tablespoon warm half-and-half • ½ cup diced apple • 1½ tablespoons shredded sharp cheddar cheese • 1 cooked and crumbled center-cut bacon slice
CALORIES 149; FAT 7.4g (sat 4.3g); PROTEIN 5g; SODIUM 210mg

POMEGRANATE, PISTACHIO & CREAM

1 tablespoon goat cheese mixed with 2 tablespoons plain 2% reduced-fat Greek yogurt • 1 tablespoon dry-roasted pistachios • 2 teaspoons honey drizzle • 1 tablespoon pomegranate arils
CALORIES 152; FAT 7.1g (sat 2.9g); PROTEIN 7g; SODIUM 63mg

The Sugary Scoop (per 1 tablespoon)

POWDERED SUGAR
7 grams

PANCAKE SYRUP
12 grams

MAPLE SYRUP
13 grams

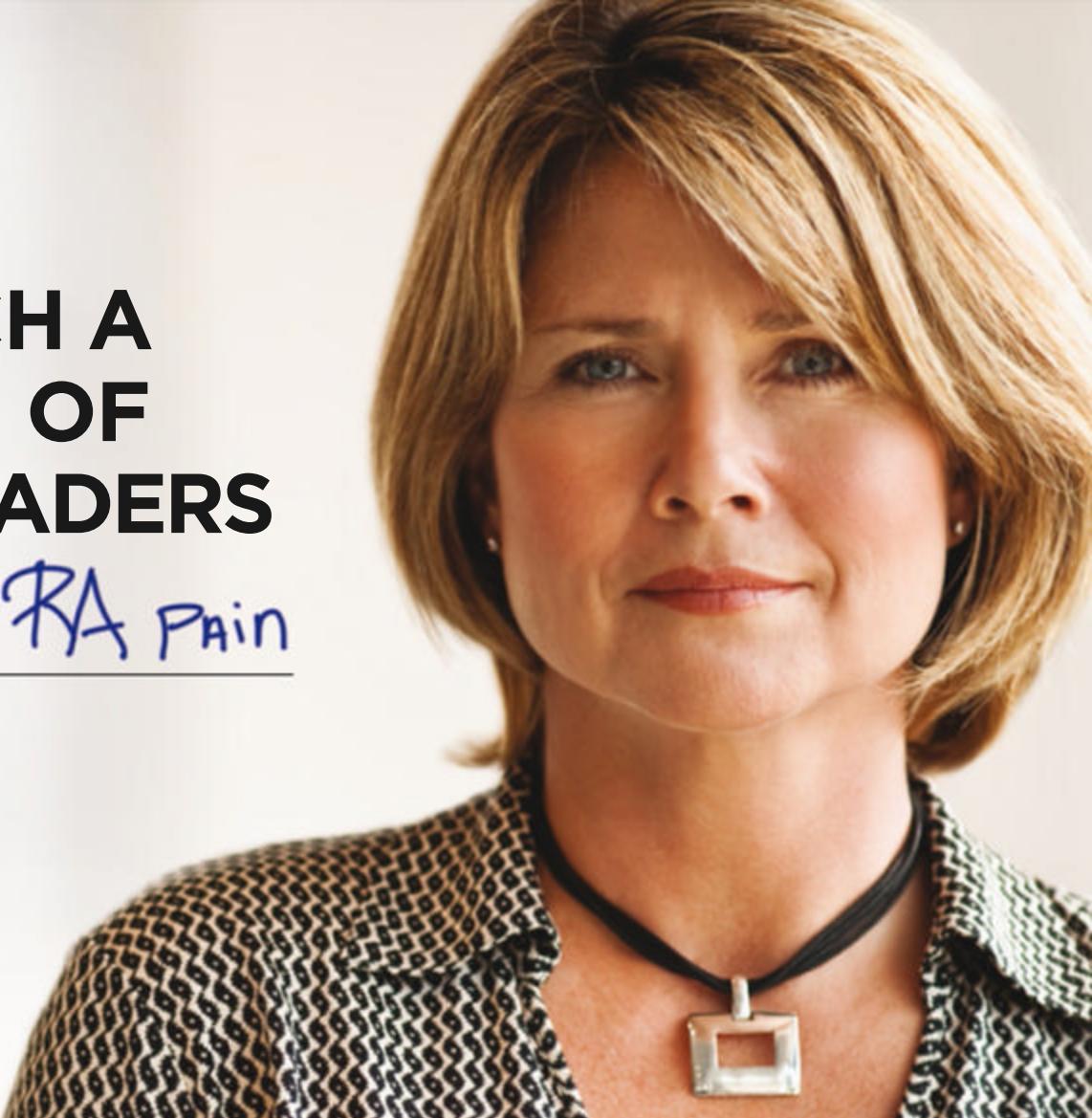
BROWN SUGAR
14 grams

AGAVE
16 grams

HONEY
17 grams

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CLASS OF
4TH GRADERS

with my RA pain



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JUST GET BY
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Nobody chooses to have RA, but you do have control over how you live your life with it. If you feel like you're just getting by, talk to your doctor. But keep in mind that patients and rheumatologists often think about RA in different ways. Rethinking how you have the conversation could make a difference in what your doctor recommends.

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April 2013

TRA563107-01

Give Creamy Soup a Lighter Spin

Our secret ingredient cuts 19g of sat fat from classic broccoli-cheese soup. **BY SIDNEY FRY, MS, RD**

OUR BROCCOLI-CHEESE SOUP SAVES
276 calories, 29.2g total fat, 19.1g sat fat, 400mg sodium over traditional broccoli-cheese soup.

TURN
THE
PAGE
FOR RECIPE

PHOTOGRAPHY: JENNIFER CAUSEY; FOOD STYLING: BLAKESLEE WRIGHT GILES; PROP STYLING: CLAIRE SPOLLEN



Broccoli-cheese soup is a cold-weather remedy that hits all the right notes—creamy, cheesy, and soothing, a comfort that warms you from the belly out. And you should feel comforted eating it because it's really just a bowl of veggies, right? Well, not exactly. In truth, the classic version is a near 500-calorie indulgence of not only cheese, but also butter and cream, providing a day's worth of sat fat in one serving. Our challenge here was to lighten while keeping the rich, creamy texture and deep, savory, cheesy goodness of the original.

We made several trade-offs in our lightened version, but we drew the line with the cheese; we wanted to keep as much of that as we could. A nifty little trick with instant brown

rice made our cheesy wishes come true. When overcooked in chicken stock, the rice becomes silky, savory, and soft—not so desirable as a dinner side, but perfect for a puree when blended with low-fat milk. The result is a thick, nutty, whole-grain “cream” that eliminates the need for heavy cream, butter, or refined white flour, leaving room for plenty of cheese. We sauté the broccoli with a little garlic and onion for depth, then simmer everything together until tender. A third of the mixture gets pureed to add another layer of creaminess—but not so much that we lose those chunky bits of broccoli. Then the soup is finished with plenty of extra-sharp cheddar cheese. It's make-a-double-batch good, a hearty, healthy, cozy soup with only 210 calories per serving.



SCAN PHOTOS, SAVE RECIPES. SEE PAGE 6.

With only 210 calories per serving, this broccoli-cheese soup is make-a-double-batch good.

CREAMY BROCCOLI-CHEESE SOUP

Hands-on: 45 min.

Total: 45 min.

We like our version extra chunky, so we only puree about a third of the broccoli mixture in step 3. For a thinner, smoother consistency, add more soup to the blender.

- 4 cups unsalted chicken stock, divided
- ½ cup uncooked instant brown rice
- 1 cup 1% low-fat milk
- 2 teaspoons extra-virgin olive oil
- 1 cup chopped onion

- 3 garlic cloves, minced
- 1¼ pounds broccoli florets, coarsely chopped
- ¾ teaspoon kosher salt
- ½ teaspoon freshly ground black pepper
- 5 ounces extra-sharp cheddar cheese, shredded and divided (about 1¼ cups)

1. Combine 2 cups stock and rice in a small saucepan over medium-high heat; bring to a boil. Cover, reduce heat, and simmer 25 minutes. Remove from heat; let stand 5 minutes. Place rice mixture and milk in a blender.

Remove center piece of blender lid (to allow steam to escape); secure blender lid on blender. Place a clean towel over opening in blender lid (to avoid splatters). Blend until smooth.

2. Heat a large saucepan over medium heat. Add oil to pan; swirl to coat. Add onion; sauté 4 minutes, stirring occasionally. Add garlic; cook 30 seconds. Add broccoli and salt; cook 5 minutes, stirring frequently. Add remaining 2 cups stock; bring to a boil. Reduce heat, and simmer

5 minutes or just until broccoli is tender. Add rice mixture; simmer 2 minutes, stirring occasionally.

3. Place 2 cups soup in blender; process until smooth. Return pureed soup to pan. Add pepper and 4 ounces cheese; stir until cheese melts. Divide soup evenly among 6 bowls; sprinkle evenly with remaining 1 ounce cheese.

SERVES 6 (serving size: about 1 cup)
CALORIES 210; **FAT** 10.3g (sat 5.5g, mono 3.5g, poly 0.6g); **PROTEIN** 14g; **CARB** 17g; **FIBER** 4g; **CHOL** 27mg; **IRON** 1mg; **SODIUM** 520mg; **CALC** 290mg

Swap out sugar for a sweet afternoon





BUILDING A BETTER CREAM SOUP BASE

BOIL THE GRAINS

Here's the one time you should overcook rice. Boil in unsalted chicken stock until soft and blown out. The more liquid the rice absorbs, the creamier and silkier it will become when blended. Bonus: Unsalted stock saves 531mg sodium.



BLEND THE MIXTURE

Place the rice mixture and 1% low-fat milk in a blender or food processor, and blend until smooth. Brown rice contains no gluten, so it won't get gummy when pureed.

SUB FOR HEAVY CREAM

The brown rice mixture replaces the butter, flour, and heavy cream typically used to thicken, saving 276 calories and 19.1g sat fat over the traditional version.

Sweet & Spicy Party Mix

Crispy Crunchy Apple Crackers

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healthyhabits

+ Beauty Habit: Pom Power p. 90

+ Diet Habit: Retrain Your Brain p. 99

Make Wearable Trackers Work for You

Wearable fitness devices are getting smarter. Here's what you can expect from the newest crop of trackers.

BY KIMBERLY HOLLAND

Today's fitness trackers are a far cry from the earliest pioneers of the wearable tech world. These gadgets can still count your steps and your stairs, but now they can check your temperature, measure your heart rate, and even monitor your perspiration. For the step-seeking desk jockey, fitness trackers can help raise awareness about stretches of inactivity—people who spend long hours sitting have an increased risk of bone and organ damage.

All of these things make fitness trackers more popular than ever, and tech companies are working to make them technologically



smarter, as well as more visually appealing. "Right now, we have a lot of plastic bracelets, which feel very sporty. We're moving toward a more fashionable place, where aesthetics aren't secondary to the technology," says

Amanda Parkes, PhD, Chief of Technology and Research at the New York-based wearable tech firm Manufacture NY. "We have to create a product people want to wear not just when they're exercising because wearing

these devices all day can provide a biometric, holistic picture."

If you're in the market for a fitness tracker or are looking to upgrade an old one, discover what today's wearable tech devices do—and what they don't.

“Many fitness trackers allow users to connect with a group to provide encouragement and real-time feedback for their goals.”

THE FOUR THINGS FITNESS TRACKERS CAN DO

1

COUNT YOUR STEPS

Most trackers have come a long way from the analog step-counting pedometers of yesteryear. Accelerometers, devices used to guide spaceflight, are now used in trackers to monitor how much and how intensely you're moving. Some fitness trackers display your step and activity numbers right on their tiny screens.

Others require a Bluetooth connection with a smartphone or tablet to view the information.

THE DOWNSIDE

Although they're great guides, the numbers your device generates shouldn't be taken as gospel. They estimate based on the stats they gather and the information you provide. "Even if you know your heart rate and five or six other things about your body, you may not have any actual information that tells you whether you're healthy or not," Parkes says. "They can give you a series of measurements but not a real picture of your health."

2

TRACK YOUR HEALTH

New wearable devices gather more info about your health than ever. Sensors for heart rate, perspiration, skin temperature, and even blood oxygenation provide you with real-time relays of how your body is performing.

Many smartphone apps also have their own calorie-counting component or they link to a third-party app so the two apps can share information and adjust your daily calorie limit. It's an easy way to understand how many calories your exercise "earns" you.

THE DOWNSIDE The algorithms used are only a guess. If you eat every calorie you "earn," you probably won't lose weight. "There's a difference between detecting activities accurately and calculating how many calories were burned," says Lucy Dunne, PhD, associate professor of apparel design and wearable technology at the University of Minnesota.



3

MONITOR YOUR SLEEP

Turn on the sleep mode, and the device will detect movement while you snooze. When you wake, it tells you how long you slept and how often you woke up.

Some trackers can even act as an alarm, vibrating at a point in your sleep cycle when you're more likely to wake up feeling refreshed.

THE DOWNSIDE These devices are sensitive but not enough to provide medically relevant feedback. "The better ones seem to be accurate in detecting sleep from wakefulness, but I would be skeptical of any that purport to do more, like distinguish stages of sleep," says Anays Sotolongo, MD, assistant professor of medicine at Rutgers Robert Wood Johnson Medical School. "If you track that you are getting eight hours but are still sleepy, maybe you should see a physician."

4

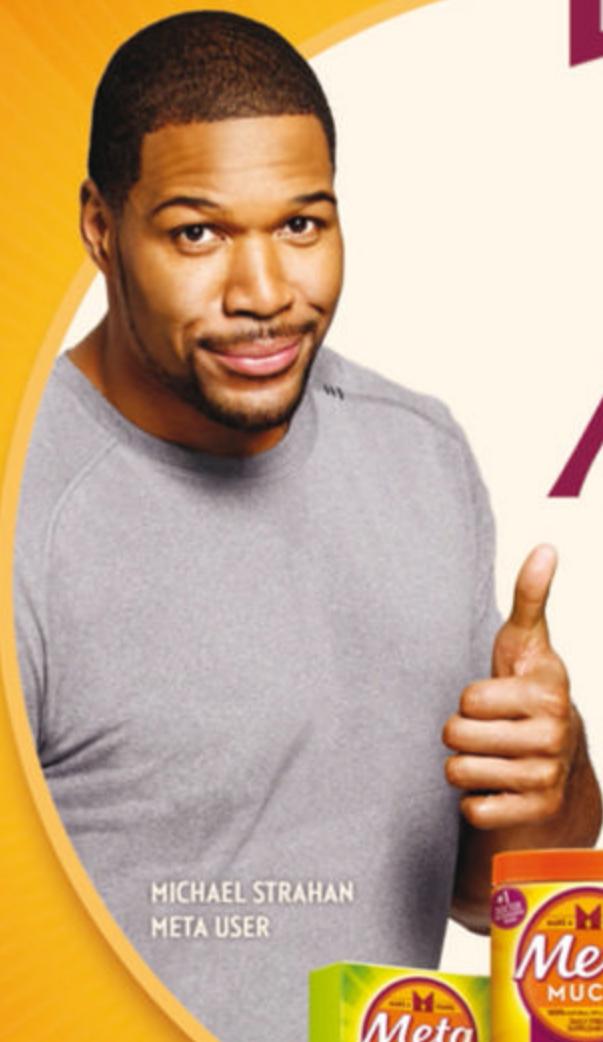
PROVIDE ENCOURAGEMENT

Social networking is an extremely effective weight-loss tool. Many fitness trackers allow users to connect with a group to provide encouragement and real-time feedback for your goals.

This is a powerful benefit of fitness gizmos: Research shows that social support can be one of the biggest driving forces behind weight-loss success. People who feel connected and know that their goals and choices are reinforced by people who care about them are more likely to stick to those goals.

THE DOWNSIDE There really isn't one. On most apps, you can keep sensitive information like your weight private, and you can customize how much you share.

► Apple Watch? Fitbit? UP band? Get the skinny on the latest trackers at CookingLight.com/Features.



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† Diets low in saturated fat and cholesterol that include 7 grams of soluble fiber per day from psyllium husk, as in Metamucil and Meta Health Bars, may reduce the risk of heart disease by lowering cholesterol. One serving of Metamucil has 2.4 grams of this soluble fiber. One Meta Health Bar has 1.8 grams of this soluble fiber.

Power Up with Pomegranate

The vibrant fruit and its jewel-like seeds imbue beauty products with nutrients.

BY CINDY HATCHER



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Just a few drops of this super-nourishing serum applied between cleansing and moisturizing help rebuild skin's natural lipid barrier and leave skin softer and more radiant. \$68, estee lauder.com

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\$78, nudeskincare.com



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POMEGRANATE CRUSH LIP AND CHEEK STAIN

Pomegranate extract colors this cosmetic and infuses the formula with antioxidant protection, while vitamins A, C, and E moisturize. \$24, stilacosmetics.com

LIERAC

DAY & NIGHT CREAM

Designed to target skin's loss of radiance and firmness, this velvety cream contains pomegranate flower and shea butter for instant moisture. \$78, lierac-usa.com

Drugstore Debuts

2015 has seen the launch of some of my favorite products yet. Here, four standouts.

DEO REDO

Dove Dry Spray Antiperspirant (\$5.50, dove.us) Forget the clunky canned aerosol deodorants of the '80s. This elegant new formula dries instantly, leaves no icky white residue, and helps protect for up to 48 hours.



COMES IN HANDY

Jergens BB Perfecting Hand Cream (\$7, jergens.com) Hands are one of the first places our bodies show age. Protect them with this SPF 20 lotion, which I keep in my car to help prevent sneaky sun damage on the go.



SHOWER EMPOWER

Nivea In-Shower Body Lotion (\$8, niveausa.com) Instead of slathering on lotion after you shower, try it during: Apply after you cleanse; then rinse off for skin that stays soft for up to 24 hours.



WOW YOUR BROWS

L'Oréal Paris Brow Stylist Plumper (\$9, orealparisusa.com) The bold-brow trend isn't going anywhere. This fiber-infused gel makes brows look fuller and more finished with just a few strokes. Comes in three shades.





Noelle is wearing Depend® Silhouette®.

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What's in Your Bag, *SOFIA VERGARA?*

The *Modern Family* actress shares her beauty basics.



A healthy mix of budget-friendly and splurge-level finds comprise Sofia Vergara's beauty arsenal, important for addressing her primary concerns, starting with proper skin care. "No look is complete without perfect skin," she says. But Vergara's best beauty tip doesn't involve a product. "As I've gotten older, I've realized the importance of working out consistently," she says. "I don't love it, but I have to do it!"

2



3



4



5



1

1 COVERGIRL
COLORLICIOUS LIPSTICK
"The colors in this line are so amazing—I like red to make a splash." \$7, [covergirl.com](#)

2 HEAD & SHOULDERS
GREEN APPLE SHAMPOO
"Green apple is my favorite scent—it just smells delicious!" \$5, [headandshoulders.com](#)

3 RENÉE ROULEAU
DAILY PROTECTION
SPF 30 "Sun protection is so important. I love this moisturizer because it has SPF 30." \$37.50, [reneerouleau.com](#)

4 OLAY
CLEAN & MILD MAKEUP
REMOVER CLOTHS
"These wipes are great for lifting away makeup at the end of the day." \$4, [olay.com](#)

5 CAMILLE OBADIA
ANTI-AGE CREAM
YAM PRINCEPS
"Los Angeles is so dry, so I love to have this hydrating cream with me." \$79, [camilleobadia.com](#)

CINDY
HATCHER
BEAUTY
EDITOR



WHAT I LOVE THIS MONTH

Simple Skincare Micellar Cleansing Water (\$7, [simpleskincare.com](#)). Just swipe on this facial cleanser with a cotton round, and you're done. No need to rinse, and skin is left soft and clean. That makes it perfect for gym bags or (let's face it) late nights.



WHAT ABOUT YOU?

Cindy Hatcher is *Cooking Light's* beauty editor. Tell her what products you're loving right now at cindy_hatcher@timeinc.com. We'll feature your top picks on our blog.

YOUR WEEKNIGHT GAME PLAN

Fast, Fresh, and Healthy Dinners from the Kitchen of Cooking Light

By adding a few simple ingredients to our fully cooked entrées and sides, you can put a wholesome and delicious dinner on the table in no time!

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Retrain Your Brain

Four steps to banish bad diet habits.

BY JENNIFER DRAWBRIDGE



It's practically inevitable: The New Year arrives, and we're ready to bid farewell to the holiday food and drink fest and get serious about healthy eating and exercise. Then February or March finds us, resolutions forgotten, lying on the couch in our (in)activewear, eating Ho Hos and binge-watching *Scandal*.

You can't blame the calendar, cream filling, or Olivia Pope. Blame habit. "Habits allow us to perform everyday tasks automatically. Unfortunately, they allow us to automatically do unhealthy things, as well," says Russell A. Poldrack, PhD, professor of psychology at Stanford University. It takes effort, but there are things you can do to help healthy habits stick around long past January.

Step one is to **ACKNOWLEDGE THAT YOU ARE UP AGAINST A POWERFUL OPPONENT**. We know that old habits persist and have a tendency to come back. "The old habit is not erased when you begin a new habit—it's really your default behavior," says Poldrack.

Step two: PROTECT YOUR WILLPOWER. "Research tells us that willpower fails, so avoid situations where you have to use willpower to resist temptation," Poldrack says. Habits are strongly driven by triggers, like a time, a place, a person. Keep yourself from getting into trigger situations to begin with.

Step three is what your mom says: **GET PLENTY OF REST, AND STAY AWAY FROM STRESSFUL SITUATIONS**. Research tells us willpower is more likely to fail when we're sleep deprived and stressed.

Looking for lifestyle advice that doesn't include regular exercise? This isn't it. Step four: **EXERCISE**. "Research suggests that exercise improves executive function," says Poldrack. This is our brain's ability to plan, decide, troubleshoot, and even exert willpower in the face of bad habits. Executive function steps in to help keep you from throwing in the towel when faced with falling victim to a bad habit. It helps you say, "No chips, no M&M's chaser; it's time to locate that activewear and head out for a long winter's walk."

EVEN MORE
HUNGER-SMASHING
OPTIONS



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specialk.com/protein

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Go from Garden to Table

No matter the size of your yard, plan now to fill your kitchen with fresh produce this year.

BY MARY BETH SHADDIX

You don't need acres of land to bring garden-to-table freshness to your recipes. In fact, with our garden plans, you don't even need a yard. Try our supereasy, DIY options—perfect for small plots and petite porches—and you'll have delicious, hyperlocal produce at your fingertips all year long.

It doesn't matter whether you're a beginner or a green-thumbed veteran: These season-specific plans—tested in the *Cooking Light* Garden—will help you get started and introduce you to

new varieties that will up your growing game. Flexible raised-bed and container-based plans will also fit your space and taste buds, making it easy for fresh food lovers from Boise to Brooklyn to grow a green patch.

We'll pair these plans with in-season recipes, highlighting simple ways to use the intensely flavorful, fresh food you've harvested. Read along in the magazine each month through November, connect with us at CookingLight.com, and follow us on social media as we serve up the ultimate season-to-season garden guide.

SUPPLY LIST

CONTAINERS

There's a variety of materials to suit your space and style; just ensure they have drainage holes and that you're not overcrowding plants.

SOIL

The health of your plant starts here. For containers, use fresh potting soil that's lightweight and drains well. Replace after one or two seasons.

PLANT FOOD

Plants require nutritious food to thrive. Choose an organic liquid or granular feed, and apply regularly, per instructions.

WATER/IRRIGATION

Keep soil moist. A smart and easy solution is drip irrigation tubing connected to a timer on your outdoor spigot.

SUN

Aim for at least six hours of direct sun each day. Less light? Grow plants harvested for foliage (vs. fruit), such as lettuces.

SEEDS & PLANTS

Sprouted plants give a healthy head start. Browse seed catalogs for unique varieties.

I



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GARDEN DESIGNS

Choose plants based on your taste and space. Plant raised beds for a well-rounded harvest, or pick pots from 14 to 24 inches in diameter (large enough for the type of plant) for the patio.

COLE CROPS

Planting together keeps it all in the family, as these cole crops all love cool weather and frequently applied high-nitrogen fertilizer. Maximize space: Sow lettuce seeds around young transplants and harvest within 40 days, before broccoli or kale grows taller.



- Cabbage or Kale
- Broccoli, Cauliflower, or Collards
- Assorted Loose-Leaf Lettuces
- Pansy or Viola
- Kohlrabi or Bok Choy



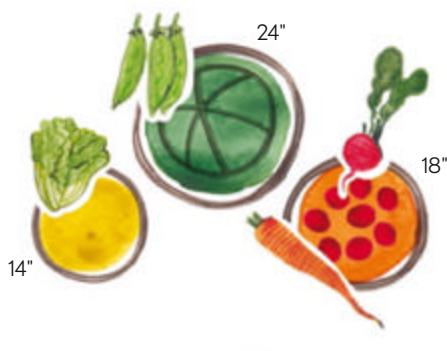
- Cabbage or Kale
- Radicchio
- Swiss Chard
- Onion Seedlings
- Spinach
- Assorted Loose-Leaf Lettuces

GREENS & PEAS

For the freshest, most flavorful salads, grow your own greens. By sowing many varieties of lettuces and arugula at 2-week intervals, you'll be eating better than the Easter bunny. Add a 6-foot twig or iron trellis for climbing peas.



- Arugula
- Borage
- Nasturtium
- Peas
- Assorted Loose-Leaf Lettuces



- Radishes
- Carrots
- Peas (grown on trellis)
- Assorted Loose-Leaf Lettuces

HERBS

Many of these herbs produce month after month, but you'll want to switch out annual favorites like cool-loving cilantro and parsley later on. Using a tree-form or standard bay laurel saves space and looks elegant.



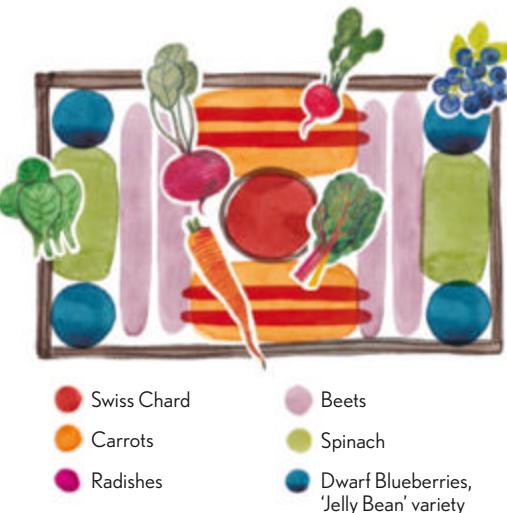
- Dill or Fennel
- Chives
- Echinacea
- Bay Laurel
- Assorted Thyme
- Strawberries
- Lovage or Cutting Celery



- Sorrel
- Rosemary
- Cilantro or Parsley
- Assorted Mint
- Nasturtium
- Marjoram or Oregano

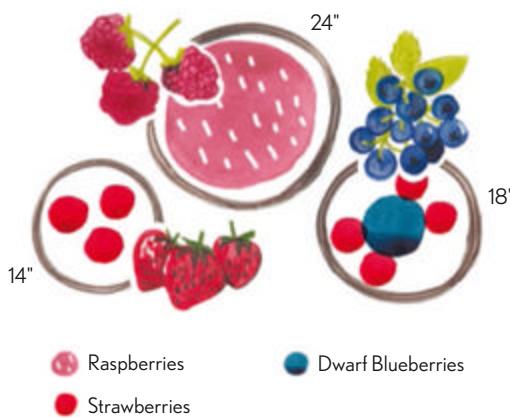
ROOTS & SHOOTS

The beet family (Swiss chard, beets, spinach) grows well with other underground dwellers. Sow radish seeds between carrots. For style, use dwarf blueberry plants as evergreen corner shrubs and a colorful 18-inch container in the middle for chard.



FRUIT

Plant now for fresh fruit to nibble on this summer. The 'Raspberry Shortcake' thornless raspberry is a good variety for containers, as is the 'Sunshine Blue' blueberry. Dot strawberry plants at the border, and the fruit will cascade down.



MEET OUR GARDENER

Mary Beth Shaddix is a gardener and writer based near Birmingham, Alabama. She plans and oversees the *Cooking Light* Garden and contributed to *Pick Fresh*, our cookbook and garden guide. Connect with Mary Beth at marybethshaddix.com or @mbshaddix on Instagram and Twitter.

WHEN TO PLANT

Weather almanacs and years of data help predict two important dates: the last freeze of spring and the first freeze in fall. Plants, like recipes, yield ideal results at varying temperatures. Most instructions will reference this (e.g., "start seeds six weeks before last spring frost" or "plant after danger of frost has passed"). We like the data at davesgarden.com. For example, according to the site, if you live in Austin, it's almost guaranteed that you won't get a frost after March 15, so it's safe to plant cold-sensitive plants after that date.

MORE ONLINE

Find planting plans, our favorite varieties to grow, and harvest tips at CookingLight.com/Garden. Use #CLPickFresh to connect with us socially.



IN A COOK'S KITCHEN

AT HOME WITH HUGH

The South's top chef shares his family's favorite space.

BY HUGH ACHESON

THE COFFEE CORNER

"I love coffee. I drink too much of it," Hugh says. "Some of my favorite appliances are a simple Bodum burr coffee grinder and a Technivorm auto coffee brewer."

SWEET SEATS

Indoor/outdoor fabric by Hable Construction for Bella Dura makes cleaning cushions a breeze.

I doodle. The doodles help me articulate my thoughts to the people who can turn ideas into reality. Restaurant layouts, plating ideas, garden designs. Most things I do start with a sketch on a paper napkin. Luckily, many of the sketches get tossed in the trash; otherwise I might be living in the woods, in a five-story hut, one with a fire pole running through each floor. But when a good doodle gets into the hands of the right folks, things happen. I have, so far, a good doodling track record.

My family (wife Mary and daughters Beatrice and Clementine) and I lived next door to the house we call our home [in Athens, Georgia] for about five years and watched as the uninhabited 100-year-old beauty slowly

COOKING QUADRANT

Smart cooks don't walk far for what they want. The 36-inch, four-burner Viking range is flanked by the fridge on one side and sink and dishwasher on the other.



weathered until it finally went on the market. It had been meticulously taken apart on the inside with plans to rebuild it better than ever when the owner ran out of money.

After we bought the house, we decided that increased floor space would be a good idea. Unless we could stop the kids from growing, they would need more room. I got out my napkins and colored pencils and went to work.

In the original floor plan, the kitchen was at the back of the house. I moved it to the center and designed it as a huge room, inclusive of the dining room. Like most families, we spend the majority of our waking hours in the kitchen. It is where we eat meals and finish homework, where I work on cookbooks and recipe testing,

where we entertain, and where we imbibe and celebrate.

People assume that because I'm a chef I want the bells and whistles of a pro kitchen in my home kitchen. Truth is, the food I cook at home is much simpler and straightforward than what we cook in the restaurants. Instead, my priority with this kitchen was to make cooking easy and enjoyable for all who might cook in our kitchen, most of all my two daughters. I think that well-worn and well-used kitchens show kids that making food from scratch is part of living a good and healthy life.

"Most things I do start with a sketch on a paper napkin," Hugh says. "Restaurant layouts, plating ideas, garden designs."





ORGANIZE LIKE A PRO

1 POTS, PANS, AND SKILLETS

Deep drawers between the stove and fridge house Hugh's colorful favorite pots: "All-Clad, Le Creuset, and lots of Lodge cast iron." Hand-painted Talavera Mexican tile forms the backsplash throughout the kitchen. "It's forgiving," says Hugh. "It doesn't show stains and grime."

2 SAVVY SPICE STORAGE

"I buy my spices from bulk but in small quantities. This helps to maintain freshness," Hugh says. Use simple half-pint containers. Label each container with painter's tape or masking tape, write the name of the spice on the tape with a Sharpie, and date it. "It's not fancy, but it's efficient," he says.

3 A HUB OF ACTIVITY

"The center island anchors the space and allows for movement on all sides. In today's foodie culture, people gravitate to the kitchen. There is plenty of room for guests to mingle, and it has ample space for prep and for laying out a spread of snacks."

4 A SOUTHERN STAR

"Our large appliances—fridge, range, hood, and dishwasher—are Viking. I have gotten to know the fine people who own and run the company in Greenwood, Mississippi, a small town that Viking has been instrumental in revitalizing. Owning high-quality products made in the South gives me a proud sense of place."

5 HIS AND HER CHINA

Everyday dishes aren't far from the special-occasion dinnerware. Hugh and his wife, Mary, combined handed-down China, some from Hugh's mother's side ("the persnickety English pattern," Hugh says) and some Japanese dishes from Mary's mother's side.

Cook like a genius as
Keith Schroeder reveals
the science behind his art.

mad delicious



THIS MONTH'S LESSON

BROWN RICE Noodle Bowls

Visit a good supermarket, and you'll see that whole grains have hit the Asian noodle aisle. Well, actually, they've been there all along with Japanese buckwheat soba noodles, but now grocery stores are starting to stock ones made from brown rice. Thin noodles (often labeled *mai fun*) are fast and easy, simply requiring a quick bath in hot water before going into a recipe—and that doesn't change with the brown rice variety (nor does the nice tender-chewy texture). Once the noodles are sufficiently softened, gently rinse with cold water, drain, and proceed. Make a salad with cracked peanuts, lime juice, chili oil, and scallions; drop a handful into chicken soup; or quickly pan-fry with a beaten egg, a spoonful of sambal oelek, and coarsely chopped Asian greens.

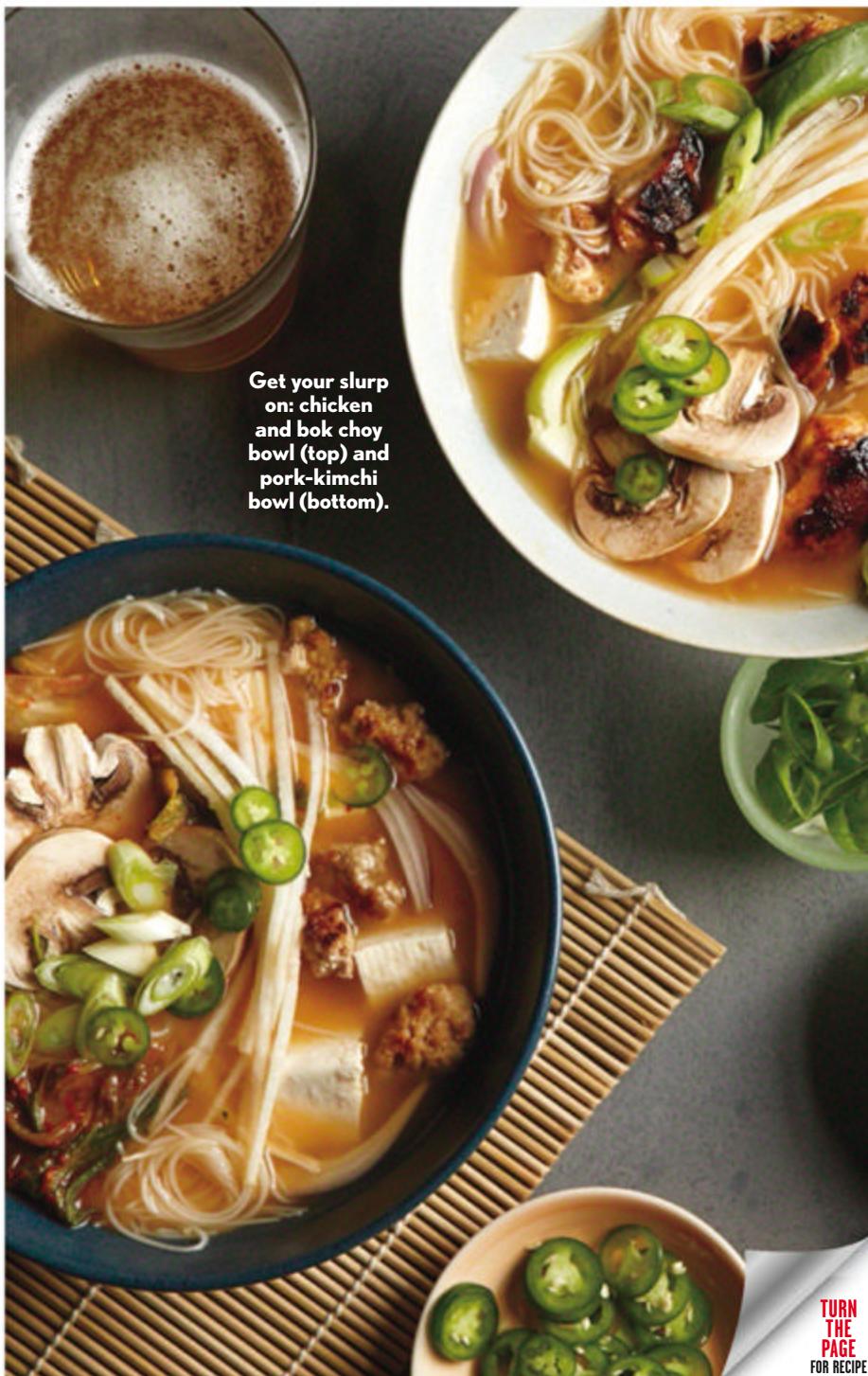
But first, try these noodle bowls. The main recipe is a riff on a Korean stew called *doenjang jjigae*. Brown rice noodles have no traditional place in this dish, but they're quick to prepare and a great carrier for all the complex flavors in the broth.

TURN
THE
PAGE
FOR RECIPE



Atlanta chef Keith Schroeder's first Cooking Light cookbook, *Mad Delicious*, came out last fall.

PHOTOGRAPHY: BRIAN KENNEDY AND (BOOK) RANDY MAYOR; FOOD STYLING: KELLIE GERBER KELLEY; PROP STYLING: LINDSEY LOWER; PORTRAIT: RANDY MAYOR; STYLING: LINDSEY LOWER



Get your slurp on: chicken and bok choy bowl (top) and pork-kimchi bowl (bottom).



SCAN PHOTOS, SAVE RECIPES. SEE PAGE 6.

Keith's Recipe Breakdown

BROWN RICE NOODLE BOWLS WITH TOFU, PORK, AND KIMCHI

Hands-on: 33 min. Total: 33 min.

Little bits of crisped pork belly offer chewy bites in the bowl, but easier-to-find ground pork is delicious, too. If you happen to have some leftover cooked pork shoulder, you can toss that in the soup as well.

Ingredient	Amount	Why
ground pork or diced fresh pork belly	4 ounces	To enrich. Fattier cuts of meat are welcome when portions are small.
unsalted chicken stock	4½ cups	Stock offers more body than broth, making this more stewlike.
water	1½ cups	To get the right consistency.
shallots, sliced	¼ cup	For pungency.
white miso or doenjang (Korean soybean paste)	2 tablespoons	Provides the tangy, fermented, salt-forward flavor foundation.
gochujang (Korean red chile paste)	1 tablespoon	Adds some raisiny sweetness and a respectable amount of chile heat.
garlic, minced	1 tablespoon	The intent of this dish is to be hyper-savory and comforting.
fish sauce	1 teaspoon	Great umami notes.
firm water-packed tofu, cubed	1 pound	Adds textural elegance and carries flavors.
kimchi, spicy	8 ounces (about 1 cup)	Adds bright acidity, some bulk, some spice, a little funk, and contrasting texture.
thin brown rice noodles (mai fun)	4 ounces	I just prefer these thinner noodles.
mushrooms, sliced	½ cup	Adds some earthiness against the pungency and acidity of the stew; works to mellow.
daikon radish, julienne-cut	½ cup	Harmonizes. Fresh pungent vs. fermented pungent.
green onions, sliced	6 tablespoons	To brighten and garnish.
serrano or jalapeño pepper, sliced	2 tablespoons	For heat and crunch.

SERVES 6 (serving size: about 1¼ cups soup, about 1½ tablespoons mushrooms, about 1½ tablespoons radish, 1 tablespoon onions, and 1 teaspoon serrano)

CALORIES 247; FAT 7.7g (sat 2.1g, mono 2.1g, poly 2.9g); **PROTEIN** 18g; **CARB** 26g; **FIBER** 4g; **CHOL** 13mg; **IRON** 2mg; **SODIUM** 659mg; **CALC** 86mg

Follow These Steps:

» Heat a medium skillet over medium heat. Add pork; cook 10 minutes or until crisp, stirring to crumble. Remove pork from pan with a slotted spoon; discard drippings.

» Bring stock, 1½ cups water, and next 5 ingredients (through fish sauce) to a boil in a Dutch oven. Add pork to pan. Reduce heat, and simmer 10 minutes. Add tofu and kimchi; reduce heat to low.

» Prepare noodles according to package directions. Add noodles to pan; cook 4 minutes or until heated. Divide soup among 6 bowls; top with mushrooms, radish, onions, and serrano.

VARIATION

CHICKEN-BOK CHOY NOODLE BOWLS

Use 3 halved baby bok choy (about 6 ounces) in place of kimchi. Omit the pork.

Rub 1 pound skinless, boneless chicken thighs with the gochujang and 1 tablespoon sugar; grill over medium-high heat 4 minutes on each side. Let stand 10 minutes; cut into large dice, and place on top of stew.

SERVES 6 (serving size: about 1½ cups soup plus garnishes)

CALORIES 302; FAT 9.3g (sat 2.3g); **SODIUM** 488mg

WE'RE *in* IT FOR THE DOUGH.

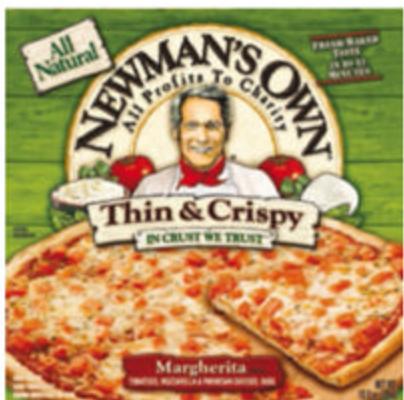
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One-Pot
Pasta with
Spinach and
Tomatoes,
page 116

The FIRST LADY of FOOD

Michelle Obama weighs in on the state of family dinner, Mom's lemon chicken, and why America's future depends on what kindergartners eat today.

BY HUNTER LEWIS • RECIPES BY ANN TAYLOR PITTMAN • PORTRAIT BY PEGGY SIROTA

To trace the origin of Let's Move!, the first lady's program to end childhood obesity within a generation, you have to go back several years before the Obama presidency, back to a routine visit to the family's Chicago pediatrician. That's when Michelle Obama first learned that her daughters' diets were out of whack. "I thought we had it all together," Mrs. Obama

told me recently, but the doctor said otherwise. Like many parents, Michelle and Barack Obama were working full time, and they relied too much on takeout and processed foods to feed Malia and Sasha. So Mrs. Obama took control, cooking two more meals a week—simple fare like baked chicken, couscous, and steamed broccoli—and eliminating prepackaged lunches and sugary canned juices.

"By the time we went back for

the next visit, our pediatrician said, 'What have you done? I haven't seen these [body mass index] numbers change in such a short period of time in this way in a while,'" Mrs. Obama recalls.

I've come to Washington, D.C., to talk to her about her role as the most food-focused first lady ever, and it hits me within the first minute of our conversation how personally she takes her healthy food agenda.



"Look," she says, hammering home her point, "if I didn't figure this out, I'm sure there are millions of families and parents who are getting it wrong."

Collectively, we've been getting it wrong for decades. Supersized portions, snacking overload, sugary drinks, and the replacement of home-cooked meals with restaurant fare and fast food—along with factors like stress, poverty, and sedentary lifestyles—have fueled our obesity epidemic. Since the launch of Let's Move! five years ago, obesity rates have leveled off, with some noticeable decreases in certain states and age ranges, and Mrs. Obama's team has rallied a complicated network of government agencies, churches, farmers, chefs, and athletes to address the issue in the classroom. The administration has also pushed through an aggressive reform agenda, updating Nutrition Facts labels on products and overhauling the school lunch program.



Critics accuse her of running a nutritional nanny state—politics don't belong at the dinner table any more than they do in the doctor's office, the argument goes—and some students have railed against the new cafeteria fare by posting photos of their pizzas and burgers on social media with the hashtag #ThanksMichelleObama. The first lady remains unfazed. "The most powerful thing that [people] can do for their overall health is feed their bodies good nutritious food," she says. "If you don't like the doctor, if you don't like the government, if you don't like folks messing with your life, the best thing to do is make sure you're healthy."

Mrs. Obama's relationship with good food started as a child on the South Side of Chicago. Her father, Fraser Robinson, sold produce off the back of a vegetable truck as a boy, and

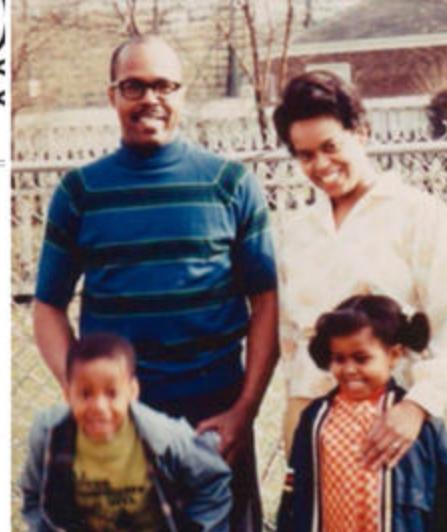
her mother, Marian Robinson, helped tend a family plot in a neighborhood World War II victory garden—experiences she cites, along with the small garden Eleanor Roosevelt had planted, as inspirations for the White House kitchen garden. Carved into the South Lawn in 2009, the garden was a touchstone of Let's Move! It also heralded a national rise in backyard and community gardening and inspired White House chefs to craft healthier menus.

When Mrs. Obama was a child, her mom shopped on the family's working-class budget. "She was famous for her lemon chicken," Mrs. Obama says, "and that was a good Sunday dish," as was roast beef that would go into sandwiches for lunch on Monday and Tuesday. Weeknights meant lasagna, the "unfortunate liver Wednesdays," fish on Fridays, and the occasional pizza takeout. "There was a pattern to what we ate," she says. "There were familiar flavors ... we would sit around the table with the plastic tablecloth, and that's when we would catch up and we'd talk about what we were eating, talk about what was going on in the day."

The family has a bigger table at the White House now and chefs doing the



PHOTOGRAPHY: CLOCKWISE FROM TOP LEFT: COURTESY OF THE OBAMA FAMILY; JONATHAN ERNST/REUTERS/CORBIS; COURTESY OF THE OBAMA FAMILY; CHUCK KENNEDY/THE WHITE HOUSE/CORBIS; TIM SLOAN/AFP/Getty; AND ROGER L. WOLLENDER/G/POOL/CORBIS



Left: With daughter Sasha in 2011. **Above:** The Robinson family in the late 1960s: Fraser, Marian, Michelle, and Craig

cooking, "but the conversation and the mood and the tone are still the same. [Between 6:30 and 7 p.m.] is our most important time of the day," she says.

With her own struggles as a young parent in mind, Mrs. Obama now aims to spark a national conversation about family dinner without making parents feel judged. "We have to be deliberate about [getting back to home cooking traditions]," she says. "It won't happen by accident. People are busier today. Life is different ... but we have to find those new healthier norms."

Sam Kass, the chef and executive director of Let's Move!, recently stepped down, and Mrs. Obama hired Deb Eschmeyer, a national leader on nutrition and agriculture, to fill his shoes. The move is seen by many as a doubling down on nutrition in the final years of the presidency.

Mrs. Obama will measure the success of Let's Move!—and her legacy—against today's generation of kindergartners; new healthy norms will mean that fresh vegetables, fruits,

and whole grains will be second nature by the time they're in college. By then she'll be long gone from the White House, but she plans on maintaining a public life committed to raising a nation of healthier children. The food world will be watching.

"Mrs. Obama's leadership and presence from her office has been staggering," says Andrew Zimmern, the Minnesota chef and TV food personality. "She legitimized the food movement for many and provided real goal setting. She didn't just advocate for wellness in the food system; she walked the talk. How can we ever go back on Let's Move? We can't." ■

Go to CookingLight.com/LetsCook for Hunter's full interview with the first lady.



Mrs. Obama shows students one way to stay active, 2011.

Let's COOK!

Easy, healthy, affordable recipes anyone can make

INSPIRED BY Let's Move! and our partnership with Jones Valley Teaching Farm, a local farm in Birmingham, Alabama, we developed the following curriculum for cooks of all skill levels and ages in an effort to make cooking at home more practical for busy families. Each recipe requires minimal equipment, costs less than \$12 to prepare for four people, and takes less than 30 minutes—cheaper than fast food and much healthier, too. And we promise all of the ingredients can be found at your local supermarket or Walmart.

✓ **DOWNLOAD** the full curriculum in English or Spanish at CookingLight.com/LetsCook.

✓ **SERVE** each dish with water, fruit, and a green salad for a well-balanced meal.

✓ **ADD** your own riffs by swapping in your favorite proteins and vegetables.

✓ **SHARE** your feedback and photos of your family dinners with #FamilyDinner.

(RECIPE #1)

ONE-POT PASTA with SPINACH & TOMATOES

COST FOR 4: \$8.43

Hands-on: 29 min. Total: 29 min.

This pasta dinner is a game changer: You use just enough liquid to cook the pasta—no colander needed. Recipe adapted from our sister publication Southern Living.

Ingredients



1 tablespoon olive oil



1 cup chopped onion



6 garlic cloves, finely chopped



1(14.5-ounce) can unsalted petite diced tomatoes, undrained

RIFF: Use fresh grape tomatoes instead, as shown on our cover, and add fresh herbs.



1½ cups unsalted chicken stock (such as Swanson)



½ teaspoon dried oregano



8 ounces whole-grain spaghetti or linguine (such as Barilla)



½ teaspoon salt



10 ounces fresh spinach



1 ounce Parmesan cheese, grated (about ¼ cup)

Start

1

HEAT a Dutch oven or large saucepan over medium-high heat. Add oil; swirl to coat.

2

ADD onion and garlic to pan; sauté 3 minutes or until onion starts to brown.

5

COVER, reduce heat to medium-low, and cook 7 minutes or until pasta is almost done.

7

ADD spinach in batches, stirring until spinach wilts. Remove from heat; let stand 5 minutes.





3

ADD tomatoes, stock, oregano, and pasta, in that order. Bring to a boil.



4

STIR to submerge noodles in liquid.

RIFF: Swap out spaghetti for any short pasta shape, such as elbow macaroni, rotini, or shells.



6

UNCOVER; stir in salt.

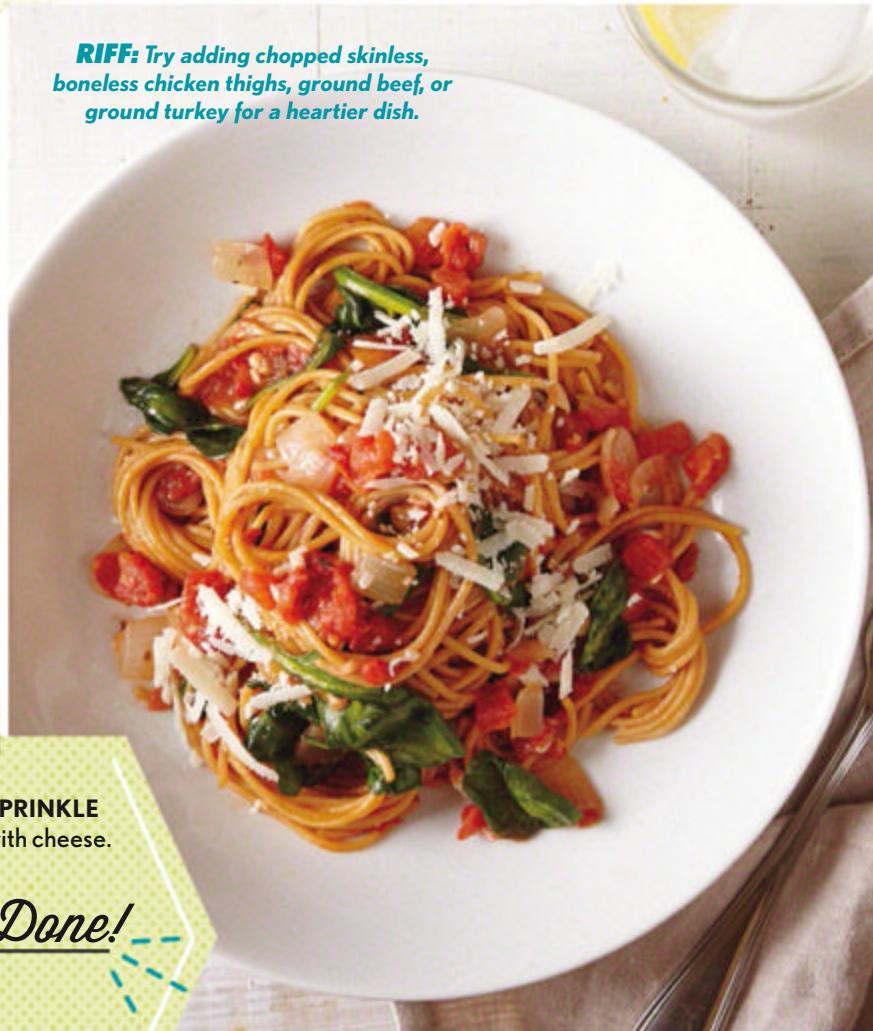
RIFF: Try adding chopped skinless, boneless chicken thighs, ground beef, or ground turkey for a heartier dish.



8

SPRINKLE with cheese.

Done!



SERVES 4 (serving size: about 2 cups pasta mixture and 1 tablespoon cheese)
CALORIES 333; **FAT** 71g (sat 2g, mono 3.2g, poly 11g); **PROTEIN** 15g; **CARB** 55g;
FIBER 9g; **CHOL** 5mg; **IRON** 5mg; **SODIUM** 538mg; **CALC** 197mg

(RECIPE #2)

BEEF CHORIZO TACOS with CABBAGE SLAW

COST FOR 4: \$8.37

Hands-on: 25 min. Total: 25 min.

Each person gets three filling tacos for a satisfying meal full of fresh veggie crunch. Garlic, paprika, cumin, and vinegar turn ground beef into near-instant Mexican-style chorizo, much leaner than the traditional pork version.

Ingredients



4 cups very thinly sliced red cabbage



1/3 cup cilantro leaves



3 tablespoons white vinegar, divided



3 tablespoons olive oil, divided



3/4 teaspoon salt, divided



1 tablespoon paprika



2 teaspoons ground cumin



1/2 teaspoon black pepper



5 garlic cloves, finely chopped

RIFF:

Swap in ground turkey or ground chicken for ground beef.



1 pound 90% lean ground sirloin



12 (6-inch) corn tortillas

Start

COMBINE
cabbage
and cilantro
in a medium
bowl.

1



4

COMBINE remaining 2 tablespoons vinegar, remaining 2 tablespoons oil, remaining $\frac{1}{2}$ teaspoon salt, paprika, cumin, pepper, and garlic, stirring well with a fork or whisk.

6



STIR in
vinegar-
spice
mixture;
cook 2
minutes or
until liquid
almost
evaporates.



2

COMBINE
1 tablespoon vinegar,
1 tablespoon oil, and $\frac{1}{4}$ teaspoon salt in a small bowl, stirring with a fork or whisk.



DRIZZLE
vinegar mixture over cabbage mixture; toss well to combine. Set aside.

3

RIFF: Try this as a modern take on taco salad:
Chop cabbage, and use the slaw as a salad base; top with chorizo, and serve with tortilla chips.

5

HEAT a large nonstick skillet over medium-high heat. Add beef; cook 5 minutes or until browned and done, stirring to crumble.



RIFF: For crunchy tostadas, crisp the tortillas in a 400° oven, and assemble chorizo and slaw on top.



8

SPOON about $\frac{1}{4}$ cup beef mixture and $\frac{1}{4}$ cup slaw into each tortilla.

Done!

HEAT tortillas over medium-high heat directly on the eye of a gas or electric burner or in a skillet for about 10 seconds on each side or until lightly charred.

7



SERVES 4 (serving size: 3 tacos)
CALORIES 443; **FAT** 23.5g (sat 6.1g, mono 12.4g, poly 2.4g);
PROTEIN 27g; **CARB** 34g; **FIBER** 6g; **CHOL** 74mg;
IRON 4mg; **SODIUM** 549mg; **CALC** 91mg

(RECIPE #3)

CHICKEN, BROCCOLI, *and* BROWN RICE CASSEROLE

COST FOR 4: \$10.31

Hands-on: 30 min. Total: 30 min.

This healthy whole-grain spin on a comfort food classic is indulgent, creamy, and a guaranteed family-pleaser.

Ingredients

	2 (3½-ounce) bags boil-in-bag brown rice		1 tablespoon olive oil		1 small onion, finely chopped (about 1 cup)
	8 ounces presliced button mushrooms		8 ounces skinless, boneless chicken thighs, cut into bite-sized pieces	RIFF: Try ground beef in place of the chicken.	
	¾ teaspoon salt, divided		¼ teaspoon freshly ground black pepper		1 (12-ounce) bag microwave-in-bag fresh broccoli florets
	1½ cups 1% low-fat milk		3 tablespoons all-purpose flour		3 ounces sharp cheddar cheese, shredded (about ¾ cup)



1

PREHEAT broiler to high. Cook rice according to package directions; drain.



4

COMBINE milk and flour, stirring with a whisk or fork until smooth.



6

COOK 2 minutes or until bubbly and thick, stirring frequently.



2

WHILE rice cooks, heat a large 12-inch ovenproof skillet over medium-high heat. Add oil to pan; swirl to coat. Add onion, mushrooms, and chicken; sprinkle with $\frac{1}{4}$ teaspoon salt and pepper. Sauté 6 minutes or until chicken and onion are done.



3

COOK broccoli in microwave according to package directions for 3 minutes. Open package to release steam.

RIFF: Not a fan of broccoli? Try cauliflower, spinach, green peas, carrots, or green beans instead.



5

STIR milk mixture into chicken mixture in skillet.



8

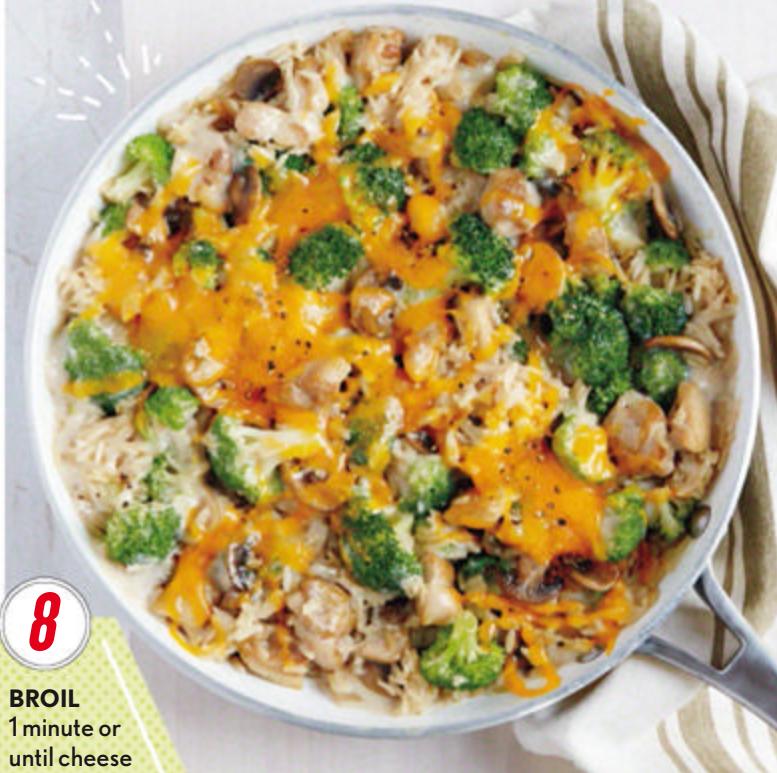
BROIL 1 minute or until cheese melts and just begins to brown.

7

STIR in remaining $\frac{1}{2}$ teaspoon salt, rice, and broccoli. Sprinkle with cheese.

Done!

RIFF: In place of rice, use 3 cups cooked quinoa (1 cup uncooked).



SERVES 4 (serving size: about 2 cups)
CALORIES 462; **FAT** 15.8g (sat 6.2g, mono 5.6g, poly 1.4g);
PROTEIN 29g; **CARB** 55g; **FIBER** 6g; **CHOL** 81mg;
IRON 2mg; **SODIUM** 692mg; **CALC** 321mg

FAMILY DINNER
ISSUE

THE
SLOW
COOKER

THE
SHEET
PAN

THE
ROASTING
PAN

THE
DUTCH
OVEN

One-Dish DINNERS

BY HANNAH KLINGER

PHOTOGRAPHY BY CHRISTOPHER TESTANI

THE
BAKING
DISH

THE
SKILLET

A one-pot meal doesn't mean one-note flavor. Here, six comforting meals, from savory gumbo to crunchy breaded fish—minus the cleanup. Choose your favorite multitasking vessel, and get started.

CL

SCAN
PHOTOS
& SAVE
RECIPES
WITH YOUR
PHONE!

SEE
PAGE 6

PORK CHOPS
WITH VEGGIES
IN A

Roasting Pan

The heavy metal is sturdy enough to go right on the stovetop, so you can deglaze after roasting (key for restaurant-worthy sauce) or brown quickly before.

Recipe p. 136



TILAPIA WITH
GREEN BEANS AND
TOMATOES ON A

Sheet Pan

Mains and sides bake, broil, and steam all together yet finish to their own perfect doneness. Cleanup couldn't be easier—just toss the foil you used to line the pan.

Recipe p. 134



PROPS: (THIS PAGE) 5½-QUART ROUND FRENCH OVEN IN MINERAL BLUE COURTESY OF LE CREUSET



SHRIMP AND CHICKEN
GUMBO IN A

Dutch Oven

The enamel-coated cast iron maintains an even heat at any temperature, so foods won't suddenly scorch or boil over. Great for a high-heat sear or a low and slow simmer.

Recipe p. 134



SCAN PHOTOS, SAVE RECIPES. SEE PAGE 6.

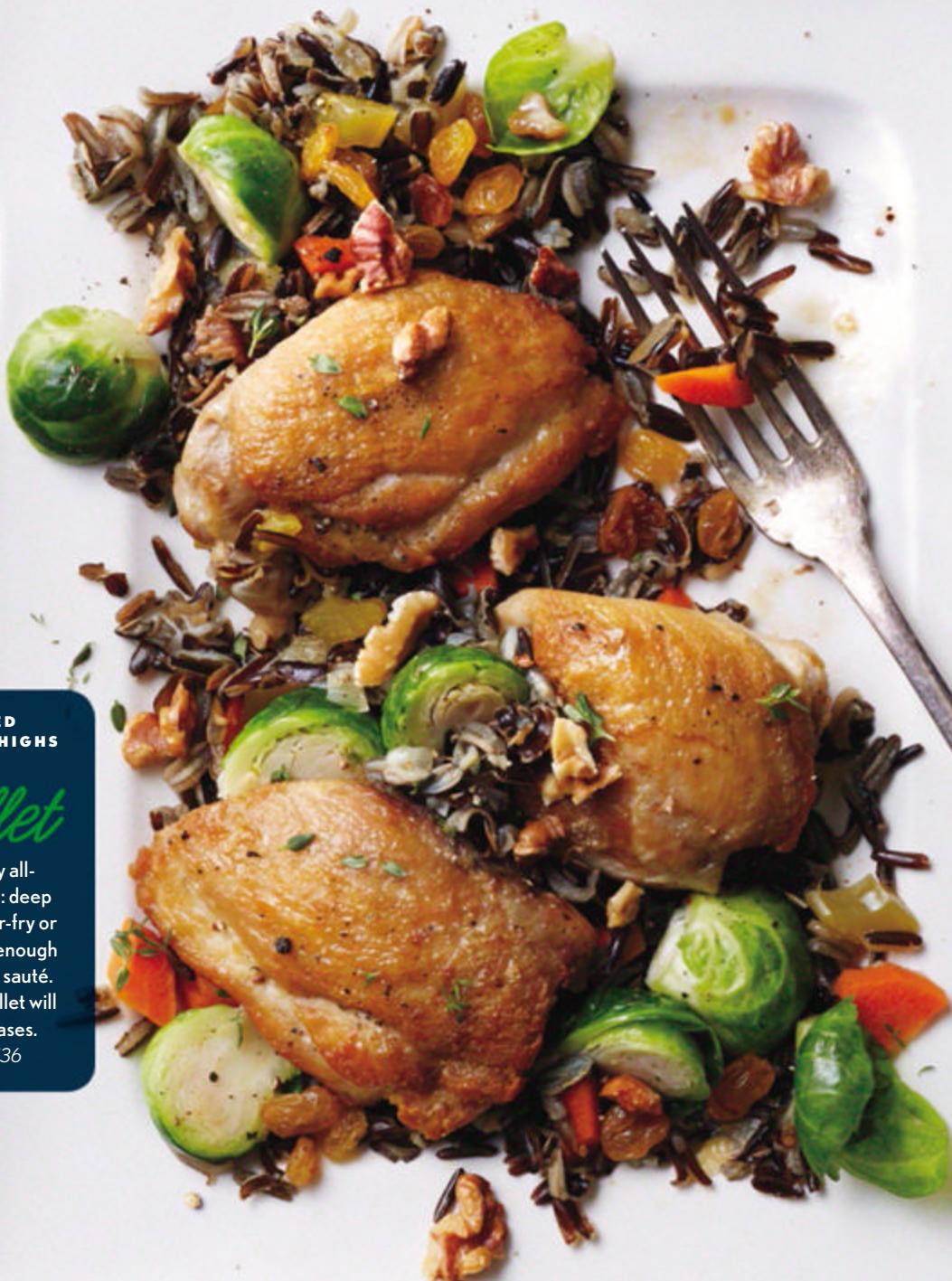
MARCH 2015 COOKING LIGHT 129

BRAISED
CHICKEN THIGHS
IN A

Skillet

The mighty all-purpose pan: deep enough to stir-fry or poach, wide enough to pan-fry or sauté. A 12-inch skillet will cover all bases.

Recipe p. 136



TUSCAN WHITE BEAN SOUP IN A

Slow Cooker

This hands-free wonder is unmatched. Just toss in a few fresh ingredients in the morning, and return to a rich soup, luscious beans, and meltingly tender meat at night.

Recipe p. 134



SCAN PHOTOS, SAVE RECIPES. SEE PAGE 6.



ARTICHOKE
AND SPINACH
STRATA IN A

Baking Dish

The casserole creed of fill, bake, and serve makes this the ideal choice for potlucks. Look for dishes with lids for ease in toting or storing leftovers.

ARTICHOKE AND SPINACH STRATA

Hands-on: 15 min. Total: 65 min.

Thaw the artichoke hearts according to microwave directions, or in the refrigerator for 2 hours. You can also place artichoke hearts in the baking dish and bake at 375° until thawed, then remove from the pan and continue the recipe. Try swapping artichokes and spinach for 1 (14-ounce) bag thawed frozen broccoli florets and Monterey Jack for cheddar cheese.

- 1 (10-ounce) package frozen spinach
- 3 green onions, chopped (white and light green parts only)
- 1 (9-ounce) package frozen artichoke hearts, thawed and drained
- 8 ounces whole-wheat sourdough bread, crusts removed and cubed (about 5 cups)
- 4 ounces reduced-fat Monterey Jack cheese, shredded (about 1 cup)

Cooking spray

- 1 ounce Parmesan cheese, grated (about $\frac{1}{4}$ cup)
- $1\frac{3}{4}$ cups 1% low-fat milk
- 2 teaspoons Dijon mustard
- $\frac{1}{2}$ teaspoon freshly ground black pepper
- Dash of ground nutmeg
- 4 large eggs

1. Preheat oven to 375°.
2. Cook spinach in microwave according to package directions; cool slightly. Place spinach in a clean kitchen towel. Squeeze dry.
3. Combine spinach and next 4 ingredients (through Monterey Jack cheese) in a large bowl; toss. Arrange bread mixture in a broiler-safe 11 x 7-inch glass or ceramic baking dish coated with cooking spray. Sprinkle Parmesan cheese over top.
4. Combine milk, Dijon, pepper, nutmeg, and eggs in a bowl, stirring with a whisk. Pour egg mixture evenly over bread mixture. Bake at 375° for 38 minutes or until set. Turn broiler to high (do not remove pan from oven). Broil 4 minutes or until edges are lightly browned.

SERVES 6 (serving size: about $1\frac{1}{3}$ cups)

CALORIES 292; FAT 11.3g (sat 4.7g, mono 1.8g, poly 0.8g); PROTEIN 19g; CARB 28g; FIBER 6g; CHOL 145mg; IRON 3mg; SODIUM 584mg; CALC 405mg



SCAN PHOTOS, SAVE RECIPES. SEE PAGE 6.



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CERTIFIED HEART HAPPY BY YOU



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Campbell's.



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BAKED TILAPIA WITH GARLICKY GREEN BEANS AND ROASTED TOMATOES

Hands-on: 15 min. Total: 48 min.

Green beans steam in their own sealed packet while tomatoes slowly roast and panko-crusted tilapia gets nicely crisp on top, all on a single baking sheet.

4 plum tomatoes, halved lengthwise

Cooking spray

3/4 teaspoon kosher salt, divided

1/2 teaspoon freshly ground black pepper, divided

1 tablespoon olive oil

2 garlic cloves, thinly sliced

12 ounces green beans, trimmed

1/4 cup canola mayonnaise

2 teaspoons fresh lemon juice

1 1/2 teaspoons chopped fresh tarragon

1 teaspoon Dijon mustard

4 (6-ounce) tilapia fillets

1/3 cup panko (Japanese breadcrumbs)

8 lemon wedges

1. Preheat oven to 500°.

2. Place tomatoes, cut sides up, on a foil-lined baking sheet coated with cooking spray. Coat tomatoes with cooking spray; sprinkle evenly with 1/4 teaspoon salt and 1/4 teaspoon pepper. Bake at 500° for 5 minutes.

3. Reduce oven temperature to 450° (do not remove pan from oven).

Combine 1/4 teaspoon salt, oil, garlic, and green beans on a large piece of foil; toss to coat. Fold foil over, and seal tightly to form a packet. Place packet on baking sheet with tomatoes; bake at 450° for 20 minutes.

4. Combine mayonnaise, juice, tarragon, and Dijon in a bowl, stirring with a whisk. Sprinkle fillets evenly with remaining 1/4 teaspoon salt and remaining 1/4 teaspoon pepper. Spread mayonnaise mixture evenly over 1 side of fillets. Top evenly with panko, and coat with cooking spray.

5. Remove pan from oven. Move tomatoes and packet to 1 side of pan.

Arrange fillets on other side of pan. Bake at 450° for 6 minutes. Turn broiler to high (do not remove pan from oven). Broil 3 minutes or until panko is golden and fish flakes easily when tested with a fork. Serve with green beans, tomatoes, and lemon.

SERVES 4 (serving size: 1 fillet, 2 tomato halves, and 3/4 cup green beans)

CALORIES 297; FAT 10.6g (sat 1.5g, mono 5.7g, poly 2.5g);

PROTEIN 37g; **CARB** 14g; **FIBER** 4g; **CHOL** 85mg;

IRON 2mg; **SODIUM** 608mg; **CALC** 65mg



SHRIMP AND CHICKEN GUMBO

Hands-on: 50 min. Total: 1 hr. 15 min.

6 tablespoons canola oil, divided

3/4 pound skinless, boneless chicken thighs

3/4 cup all-purpose flour

3 cups sliced fresh or frozen okra

2 cups chopped onion

1 1/2 cups chopped seeded poblano chile

1 cup chopped celery

10 garlic cloves, chopped

1 cup dry white wine

4 cups unsalted chicken stock

2 cups water

2 teaspoons ground red pepper

1 3/4 teaspoons kosher salt

1 (14.5-ounce) can unsalted petite diced tomatoes, drained

3/4 pound medium shrimp, peeled and deveined

1 tablespoon red wine vinegar

1/2 teaspoon freshly ground black pepper

3 (8.8-ounce) packages precooked brown rice (such as Uncle Ben's)

1/3 cup thinly sliced green onions

1. Heat 1 tablespoon oil in a Dutch oven over medium-high heat. Add chicken; cook 2 minutes on each side. Remove from pan; let stand 10 minutes. Slice across the grain.

2. Reduce heat to medium-low. Add remaining 5 tablespoons oil to pan. Stir in flour; cook 25 minutes, stirring frequently with a whisk until the color of melted semisweet chocolate. Stir in okra and next 4 ingredients. Increase heat to medium-high; cook 3 minutes. Stir in wine; cook 2 minutes. Add stock and next 4 ingredients; bring to a boil. Reduce heat; simmer 15 minutes. Add chicken and shrimp; cook 3 minutes. Stir in vinegar, black pepper, and rice; cook 1 minute. Top with green onions.

SERVES 8 (serving size: 1 1/2 cups)

CALORIES 430; FAT 15g (sat 1.3g, mono 7.3g, poly 3.5g);

PROTEIN 23g; **CARB** 48g; **FIBER** 5g; **CHOL** 94mg;

IRON 3mg; **SODIUM** 558mg; **CALC** 102mg

DON'T BE CHICKEN.

MAKE A GREAT SUPPER IN JUST 15 MINUTES.



Sausage

CHICKEN ALFREDO

READY IN: ~~1 HOUR~~ 15 minutes

1 pkg. Hillshire Farm® Smoked Sausage

3 chicken breast halves, cubed

2 tbsps. butter, divided

2 cloves garlic, minced, divided

2 tbsps. chopped flat-leaf parsley

+ 1/2 tsps. Italian seasoning

1/2 onion, diced

~~1 1/2 tsps. salt~~

~~1/2 tsp. ground white pepper~~

8 oz. pasta, cooked, drained

2 cups heavy cream

2 tsp. Cajun seasoning

1/2 cup grated Parmesan

1. Prepare pasta according to package directions; drain and set aside.

Sauté sausage for 5 minutes.

2. Cook chicken in butter, season with salt, white pepper and Italian seasoning in a large skillet over medium-high heat until chicken is no longer pink. Stir in onion and parsley; cook until onions are transparent.

3. Add ~~garlic, cloves~~, cream and Cajun seasoning and boil. Reduce heat; simmer 3–4 mins. or until mixture begins to thicken. Stir in Parmesan. Add pasta and toss.

Great additions are peas, tomatoes or any of your favorite vegetables. Just stir them in and simmer.



More 15 minute sensations at sausagesosimple.com



PORK CHOPS WITH BALSAMIC ROASTED VEGETABLES AND GORGONZOLA

Hands-on: 20 min. Total: 55 min.
A quick balsamic vinaigrette doubles as a marinade for the vegetables and a sauce for the pork. Taking the roasting pan from stove to oven jump-starts cooking so the pork, potatoes, and onions finish at the same time.

- 4 (4-ounce) boneless center-cut loin pork chops
- ½ teaspoon kosher salt, divided
- ¾ teaspoon freshly ground black pepper, divided
- ¼ cup extra-virgin olive oil, divided
- 12 ounces small red potatoes, halved
- 3 tablespoons balsamic vinegar
- 1 teaspoon tomato paste
- 1 tablespoon chopped fresh thyme
- 1 medium red onion, peeled and cut into 8 wedges
- 1 (8-ounce) package cremini mushrooms, halved
- 2 tablespoons chopped fresh flat-leaf parsley
- 1 ounce Gorgonzola cheese, crumbled (about ¼ cup)

1. Preheat oven to 425°.
2. Heat a large heavy roasting pan over high heat. Sprinkle pork evenly with ¼ teaspoon salt and ¼ teaspoon pepper. Add 2 tablespoons oil to pan; swirl to coat. Add pork to pan; cook 3 minutes on each side or until browned. Place pork on a plate (pork will not be cooked through). Reduce heat to medium-high. Add potatoes to pan, cut sides down; cook 2 minutes. Remove pan from heat.
3. Combine remaining ½ teaspoon pepper, remaining 2 tablespoons oil,

vinegar, and tomato paste in a small bowl, stirring with a whisk. Combine 2 tablespoons balsamic mixture, thyme, onion, and mushrooms in a bowl, tossing to coat. Add mushroom mixture to pan. Bake at 425° for 25 minutes, stirring after 10 minutes. Arrange pork chops over vegetables; bake 10 minutes or until a thermometer registers 145°. Remove pork from pan. Sprinkle vegetable mixture with remaining ¼ teaspoon salt. Place 1 cup vegetable mixture on each of 4 plates. Top each serving with 1 pork chop, 2 teaspoons remaining balsamic vinegar mixture, 1½ teaspoons parsley, and 1 tablespoon Gorgonzola cheese.

SERVES 4

CALORIES 385; **FAT** 21.7g (sat 5.2g, mono 12g, poly 2.2g); **PROTEIN** 27g; **CARB** 21g; **FIBER** 3g; **CHOL** 73mg; **IRON** 2mg; **SODIUM** 415mg; **CALC** 83mg



BRAISED CHICKEN THIGHS WITH WILD RICE PILAF

Hands-on: 20 min. Total: 1 hr. 10 min.
Browning the meat in the pan first adds all that roasted chicken flavor to the pilaf. The Brussels sprouts and chicken thighs slowly braise as the rice cooks—a protein, vegetable side, and starch all in one pan. Sweet golden raisins and cider vinegar balance out the other hearty, earthy flavors in the dish.

- ½ cup walnut halves
- 1 tablespoon olive oil
- 4 (6-ounce) skinless, boneless chicken thighs
- ½ teaspoon kosher salt, divided
- ½ teaspoon freshly ground black pepper, divided
- 1 cup uncooked wild rice (such as RiceSelect)
- 1 cup finely chopped onion
- ½ cup finely chopped carrot
- ¼ cup chopped celery
- 1 tablespoon chopped fresh thyme
- 1½ cups unsalted chicken stock (such as Swanson)
- 1 cup water
- ¼ cup golden raisins

- 8 ounces Brussels sprouts, trimmed and halved
- 1 tablespoon cider vinegar

1. Heat a large skillet over medium-high heat. Add walnuts; cook 5 minutes or until toasted, stirring occasionally. Remove walnuts from pan; coarsely chop.
2. Add oil to pan; swirl to coat. Sprinkle chicken evenly with ¼ teaspoon salt and ¼ teaspoon pepper. Add chicken to pan; cook 4 minutes or until browned. Turn and cook 3 minutes. Place chicken on a plate (chicken will not be cooked through). Add rice, onion, carrot, celery, and thyme to pan; cook 3 minutes, stirring to coat rice. Add remaining ¼ teaspoon salt, remaining ¼ teaspoon pepper, stock, and 1 cup water, scraping pan to loosen browned bits. Reduce heat to low; cover and simmer 45 minutes. Return chicken thighs to pan, nestling them into rice mixture. Top with raisins and Brussels sprouts. Return to a simmer; cover and cook 12 minutes or until liquid is absorbed and chicken is done. Place chicken on a platter. Stir walnuts and vinegar into rice mixture. Serve rice mixture with chicken.

SERVES 4 (serving size: 1 chicken thigh and about 1 cup rice mixture)

CALORIES 503; **FAT** 15.2g (sat 2.7g, mono 5.5g, poly 5.3g); **PROTEIN** 44g; **CARB** 49g; **FIBER** 7g; **CHOL** 162mg; **IRON** 4mg; **SODIUM** 476mg; **CALC** 87mg

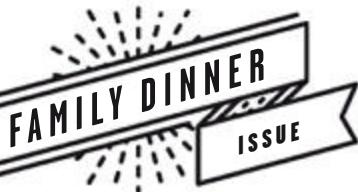
—Additional recipes by Robin Bashinsky

GO GET IT!



Price Buster

Finally, one less piece of cookware to covet at kitchen stores. Lodge's Enamaled Cast Iron 6-Quart Dutch Oven performs just as well as its high-end counterparts and is available for just \$60. Find it at walmart.com.



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you forward. Stay more active on your feet and experience unparalleled comfort and performance.

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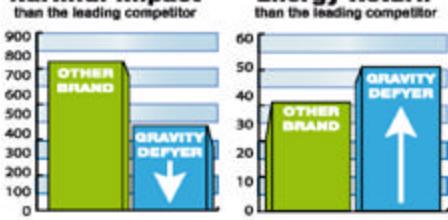
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SHOCK ABSORPTION STUDY HPW Biomechanics, 2012
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why do my

Blondies Burn?



LIGHT-COLORED ALUMINUM

JUST RIGHT!

Light-colored aluminum baking pans gave us the best results: evenly golden brown on the sides and bottom. The middle area rose slightly, and the interior came out cakey yet moist and not too dense.



OUR FAVE!

We love Fat Daddio's pans: fatdaddios.com.



CERAMIC OR GLASS

UNDERCOOKED

Glass and ceramic pans take longer to heat up than metal. These blondies sank a little in the middle, and the interior came out dense and fudgy. Depending on your taste, you may want to bake food a little longer in glass or ceramic pans.



Recipes by

DEB WISE

Photography by

WHITNEY OTT

Hand Lettering by

JEN MUSSARI



DARK ALUMINUM

OVERCOOKED

Dark aluminum baking pans (including nonstick) absorb heat faster than light-colored metal, causing food to brown—and burn—faster. These blondies got much darker on the sides and bottom. The inside came out drier than the light metal batch. If you're using a dark metal pan, check your food a few minutes early. Also, use a parchment paper lining: It serves as an insulator and helps prevent overbrowning.



SCAN PHOTOS, SAVE RECIPES. SEE PAGE 6.

DONE!

To check doneness, look for the top to be set, but not cracked (which means they're overbaked). The center should crown slightly.

WHOLE-GRAIN PECAN BLONDIES

Hands-on: 11 min. Total: 35 min.

STAFF FAVE
Blondies are simply brownies without the chocolate. A light-colored metal pan is your best bet for even baking and cakey, moist blondies.

6 tablespoons unsalted butter
 $\frac{1}{4}$ cup canola oil
1 cup packed brown sugar
2 teaspoons vanilla extract
2 large eggs, lightly beaten
6.75 ounces white whole-wheat flour (about 1½ cups)
1 teaspoon baking powder

$\frac{1}{4}$ teaspoon salt
 $\frac{1}{3}$ cup chopped pecans, toasted
Baking spray with flour
16 toasted pecan halves

1. Preheat oven to 350°.
2. Place butter, oil, and sugar in a small saucepan; bring to a boil. Cook 1 minute, stirring constantly. Pour mixture into a large bowl; cool 8 minutes. Stir in vanilla and eggs.
3. Weigh or lightly spoon flour into dry measuring cups; level with a knife. Combine flour, baking powder, and salt in a bowl; stir with a whisk. Add flour

mixture and chopped pecans to butter mixture; stir until completely combined.

4. Scrape mixture into an 8-inch square light-colored metal baking pan coated with baking spray. Smooth top. Arrange pecan halves in 4 x 4 rows. Bake at 350° for 24 minutes. Cool completely in pan on a wire rack. Cut into 16 squares.

SERVES 16 (serving size: 1 blondie)
CALORIES 196; **FAT** 11.3g (sat 4.1g, mono 5.1g, poly 2.1g); **PROTEIN** 3g; **CARB** 21g; **FIBER** 1g; **CHOL** 35mg; **IRON** 1mg; **SODIUM** 75mg; **CALC** 41mg

WHOLE-GRAIN BUTTERSCOTCH BLONDIES

Omit $\frac{1}{3}$ cup chopped pecans and pecan halves. Follow instructions through step 3; stir $\frac{1}{4}$ cup butterscotch morsels into flour and butter mixture. Proceed with step 4.

CALORIES 189; **FAT** 9.6g (sat 4.1g); **SODIUM** 78mg

WHOLE-GRAIN TOFFEE BLONDIES

Omit $\frac{1}{3}$ cup chopped pecans and pecan halves. Follow instructions through step 3; stir 3 tablespoons almond toffee bits (such as Heath) into flour and butter mixture. Proceed with step 4, sprinkling 2 tablespoons toffee bits evenly over batter before baking.

CALORIES 197; **FAT** 10.2g (sat 4g); **SODIUM** 98mg

FAMILY DINNER
ISSUE

- ISSUE -



hearty

**Sweet and Sour
Tofu-Vegetable
Stir-Fry**

This satisfying
veggie dinner is
packed with protein.
Recipe p. 144

fuss-free

**Stir-Fried Tilapia,
Dill, and Scallion
Lettuce Wraps**

Spices and herbs
do all the work.

All you do is stir.
Recipe p. 146





speedy

Minced Beef
with Bok Choy
and Fried Egg

In just 20 minutes,
this meaty dish is
popping with flavor.
Recipe p. 142

super
simple

STIR-FRY SUPPERS

Heat up a pan good and hot, and make dinnertime sizzle with fun, lightning-fast cooking.

RECIPES BY CHERYL SLOCUM / PHOTOGRAPHY BY BRIAN KENNEDY

handy

Ginger Chicken
with Shiitakes
and Green Beans

Everything you
need to make this
dish is standard
grocery fare.
Recipe p. 146



SCAN
PHOTOS
& SAVE
RECIPES
WITH YOUR
PHONE!

SEE
PAGE 6



QUICK CHICKEN CURRY

Hands-on: 25 min. Total: 25 min.

This saucy rice bowl is the stir-fried version of comfort food—ginger and chiles bring the warmth, and coconut milk adds satisfying richness.

- 1 tablespoon cornstarch
- 3/4 teaspoon kosher salt, divided
- 1/2 teaspoon freshly ground black pepper
- 1 pound skinless, boneless chicken breast halves, cut into 1/4-inch-thick slices
- 5 teaspoons canola oil, divided
- 2 teaspoons grated peeled fresh ginger
- 2 garlic cloves, minced
- 3/4 cup vertically sliced yellow onion
- 1 1/2 cups snow peas, trimmed
- 1/4 cup water
- 1 cup light coconut milk
- 1 tablespoon red curry paste
- 1 1/2 tablespoons fresh lime juice
- 2 cups cooked brown rice
- 1 hot red chile (such as jalapeño or Fresno), stemmed, seeded, and thinly sliced lengthwise
- 1/4 cup fresh cilantro leaves

1. Combine cornstarch, 1/2 teaspoon salt, pepper, and chicken in a medium bowl; toss to coat.

2. Heat a large cast-iron skillet or wok over high heat. Add 1 tablespoon oil to pan; swirl to coat. Add chicken; cook 3 minutes or until browned, stirring after 2 minutes. Add ginger and garlic; stir-fry 30 seconds. Place mixture on a plate; keep warm. Add remaining 2 teaspoons oil to pan; swirl to coat. Add onion; stir-fry 3 minutes. Add snow peas and 1/4 cup water; stir-fry 1 minute or until water evaporates. Stir in milk and curry paste. Return chicken to pan; cook 2 minutes or until sauce thickens slightly. Remove from heat; stir in juice and remaining 1/4 teaspoon salt. Serve curry over rice; top evenly with chile and cilantro.

SERVES 4 (serving size: 1 1/2 cups curry and 1/2 cup rice)

CALORIES 333; **FAT** 10.1g (sat 3.5g, mono 3.5g, poly 1.9g); **PROTEIN** 27g; **CARB** 33g; **FIBER** 3g; **CHOL** 63mg; **IRON** 2mg; **SODIUM** 440mg; **CALC** 46mg



MINCED BEEF WITH BOK CHOY AND FRIED EGG

Hands-on: 20 min. Total: 20 min.

For a little extra heat and a pop of color, drizzle a few drops of Sriracha over the eggs right before serving.

- 2 1/2 teaspoons sugar
- 2 1/2 teaspoons Thai chile paste
- 2 1/2 teaspoons fish sauce
- 2 1/2 teaspoons lower-sodium soy sauce
- 2 tablespoons canola oil, divided
- 3 garlic cloves, minced
- 12 ounces 90% lean ground beef
- 3/4 teaspoon crushed dried Thai chile or crushed red pepper
- 3 small baby bok choy, cut lengthwise into quarters
- 4 large eggs
- 2 cups cooked brown rice

1. Combine first 4 ingredients in a small bowl.

2. Heat a large cast-iron skillet or wok over high heat. Add 2 teaspoons oil; swirl to coat. Add garlic; stir-fry 10 seconds. Add beef to pan; stir-fry 2 minutes or until beef is done. Stir in soy mixture; cook 30 seconds or until sauce thickens slightly. Place on a plate; keep warm. Add 1 1/2 teaspoons oil and crushed red pepper to pan; cook for 10 seconds. Add bok choy; stir-fry 2 minutes or until crisp-tender. Place on plate with beef.

3. Wipe pan clean with a paper towel. Heat remaining 2 1/2 teaspoons oil in pan over medium heat; swirl to coat. Crack eggs, 1 at a time, into pan; cook 2 minutes. Cover pan, and cook 1 minute or until whites are set. Divide rice, beef, and bok choy among 4 bowls. Top each dish with 1 egg.

SERVES 4 (serving size: 1/2 cup beef, 1/2 cup rice, 3 pieces bok choy, and 1 egg)

CALORIES 420; **FAT** 21.4g (sat 5.7g, mono 10.3g, poly 3.7g); **PROTEIN** 28g; **CARB** 29g; **FIBER** 3g; **CHOL** 241mg; **IRON** 4mg; **SODIUM** 675mg; **CALC** 144mg



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ORANGE-SESAME PORK WITH NAPA SLAW

Hands-on: 25 min. Total: 25 min.
Mix the slaw for this dish up to a day in advance, if you wish. The cabbage will absorb the flavors and still retain a satisfying crunch.

- 4 cups thinly sliced napa (Chinese) cabbage
- 4 (1/4-inch) diagonally cut green onions
- 2 navel oranges, divided
- 2 tablespoons dark sesame oil, divided
- 1 tablespoon rice vinegar
- 1 tablespoon lower-sodium soy sauce, divided
- 1/2 teaspoon crushed red pepper, divided
- 1/2 tablespoons oyster sauce
- 1 tablespoon cornstarch
- 1/4 teaspoon freshly ground black pepper
- 1 pound boneless center-cut loin pork chops, cut into 1/4-inch-thick slices
- 1 tablespoon canola oil
- 2 cups cooked brown rice
- 2 teaspoons sesame seeds, toasted

1. Place cabbage and green onions in a large bowl. Peel and section 1 orange

over bowl, squeezing membranes to extract juice. Add sections, 1 tablespoon sesame oil, vinegar, 1 teaspoon soy sauce, and 1/4 teaspoon red pepper; toss.

2. Juice remaining orange. Combine juice, oyster sauce, remaining 1/4 teaspoon red pepper, and remaining 1 tablespoon sesame oil in a small bowl. Combine remaining 2 teaspoons soy sauce, cornstarch, black pepper, and pork in a large bowl; toss to coat pork.

3. Heat a large cast-iron skillet or wok over high heat. Add canola oil; swirl to coat. Add pork in a single layer; cook 4 minutes or until browned, stirring after 2 minutes. Add juice mixture; cook 1 minute or until mixture bubbles and thickens slightly, stirring frequently. Divide rice and slaw among 4 plates. Top rice with pork mixture; sprinkle with sesame seeds.

SERVES 4 (serving size: about 5 slices pork, 1 1/4 cups slaw, 1/2 cup rice, and 1/2 teaspoon sesame seeds)

CALORIES 475; **FAT** 18.9g (sat 4g, mono 8.5g, poly 5g); **PROTEIN** 39g; **CARB** 37g; **FIBER** 5g; **CHOL** 107mg; **IRON** 3mg; **SODIUM** 526mg; **CALC** 71mg



SWEET AND SOUR TOFU-VEGETABLE STIR-FRY

Hands-on: 25 min. Total: 40 min.
This dish is mildly spicy; to make it extra kid-friendly, omit the chiles from the sweet and sour sauce.

- 1 (14-ounce) package extra-firm tofu, drained
- 3/4 cup water, divided
- 1/3 cup rice vinegar
- 2 tablespoons sugar
- 4 garlic cloves, minced and divided
- 2 tablespoons dry sherry
- 2 tablespoons ketchup
- 2 tablespoons finely chopped hot red chile (with seeds), such as red jalapeño or Thai chile
- 1 tablespoon cornstarch
- 1/2 tablespoons lower-sodium soy sauce
- 2 tablespoons canola oil, divided
- 1/2 teaspoon salt
- 1 red bell pepper, seeded and cut into 1/4-inch-thick slices
- 2 carrots, diagonally cut into 1/8-inch-thick slices

- 1 (8-ounce) bunch Broccolini, cut into florets and stems cut into 1/2-inch pieces
- 2 cups cooked brown rice

1. Place tofu in a shallow dish. Place plastic wrap on top, and weight with a heavy pan; let stand 20 minutes. Discard liquid, and cut tofu into 2 x 1/4-inch pieces.

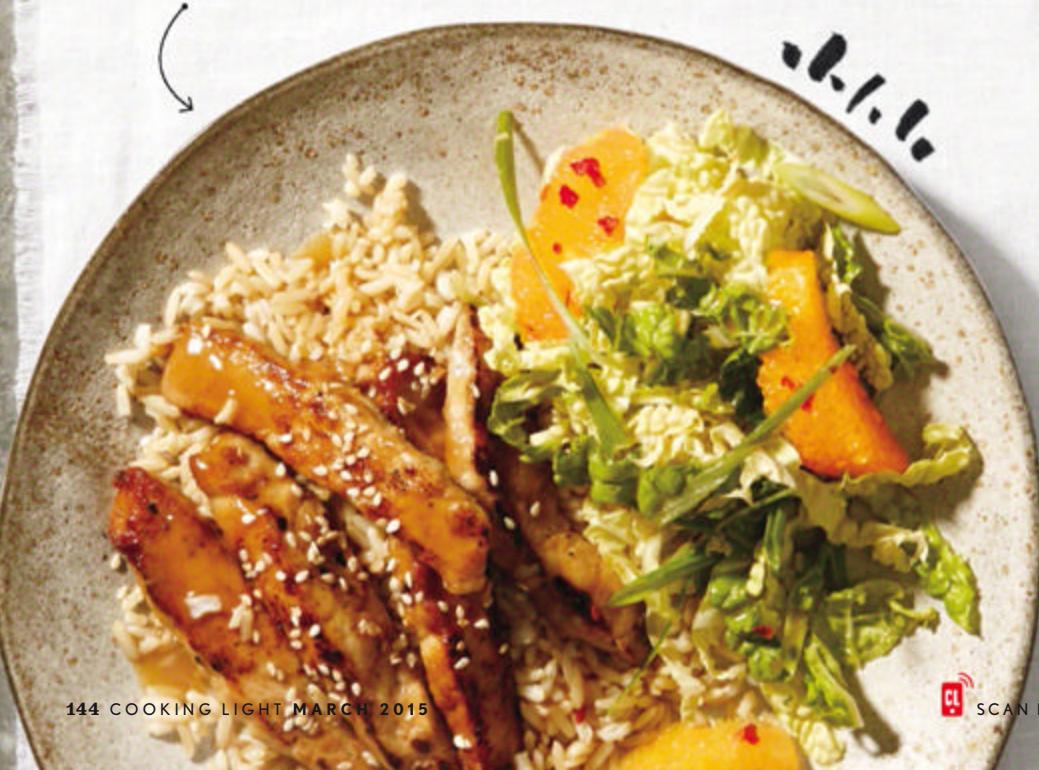
2. Combine 1/2 cup water, vinegar, and sugar in a small pan, stirring to dissolve sugar. Stir half of garlic into sugar mixture. Stir in sherry, ketchup, and chile. Cook mixture over medium heat until boiling. Remove from heat; stir in cornstarch, stirring with a whisk until smooth. Stir in soy sauce.

3. Heat a large cast-iron skillet or wok over high heat. Add 1 tablespoon oil; swirl to coat. Add tofu in an even layer; cook, without stirring, 2 minutes. Turn tofu; cook 2 minutes. Place on a plate; sprinkle with salt.

4. Add 1 teaspoon oil to pan; swirl to coat. Add bell pepper; stir-fry 2 minutes. Add remaining garlic; stir-fry 10 to 20 seconds. Remove to plate with tofu. Add remaining 2 teaspoons oil to pan; swirl to coat. Add carrots; stir-fry 1 minute. Add Broccolini; stir-fry 3 minutes. Add remaining 1/4 cup water; cook 3 minutes or until water evaporates. Return tofu mixture to pan. Add sauce mixture; stir to coat. Divide rice among 4 plates. Divide tofu mixture evenly over rice.

SERVES 4 (serving size: about 1 1/2 cups tofu mixture and 1/2 cup rice)

CALORIES 382; **FAT** 14g (sat 19g, mono 5.9g, poly 5.9g); **PROTEIN** 15g; **CARB** 47g; **FIBER** 4g; **CHOL** 0mg; **IRON** 3mg; **SODIUM** 569mg; **CALC** 141mg



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THREE ESSENTIALS

Keep these items in your pantry so you can whip up a stir-fry on a whim.

Each adds its own unique flavor characteristics to a dish.



Dark Sesame Oil

Pressed from toasted sesame seeds, this oil adds deep, nutty notes to everything from meat and fish to vegetables and tofu. High heat can scorch this delicate oil, making it bitter, so use it just at the end of cooking, or drizzle on at the table.



Lower-Sodium Soy Sauce

Both a condiment and a cooking ingredient, soy sauce is made from fermented soybeans that are brewed into a mellow, salty-sweet, rich-tasting liquid. Choose one free of chemical additives, corn syrup, or coloring.



Fish Sauce

Intense and complexly flavored, a little fish sauce goes a very long way. It's made by fermenting fish with salt (and sometimes sugar).

Just a few drops will add umami to a dish. Bonus: Fish sauce will remain shelf-stable for years in your pantry.



STIR-FRIED TILAPIA, DILL, AND SCALLION LETTUCE WRAPS

Hands-on: 15 min.

Total: 35 min.

Inspired by the classic Vietnamese dish Cha Ca La Vong, these wraps are a fun way to serve up stir-fry. Swap in black cod for tilapia if you prefer a heartier fish.

- 3 tablespoons fresh lime juice
- 1 tablespoon water
- 2½ teaspoons sugar
- 2 teaspoons fish sauce
- ¼ teaspoon crushed red pepper
- 2 garlic cloves, grated
- 1½ tablespoons cornstarch
- 1 tablespoon turmeric
- 1 tablespoon minced ginger
- 1 pound tilapia fillets, cut into 1-inch pieces
- 4 teaspoons canola oil, divided
- 12 green onions, cut into 1½-inch pieces
- 1 cup fresh dill sprigs
- 12 Bibb lettuce leaves
- 4 mint sprigs (optional)
- 2 cups cooked brown rice

1. Combine first 6 ingredients in a small bowl. Cover and chill 20 minutes.
2. Combine cornstarch, turmeric, ginger, and tilapia in a large bowl; toss to coat. Let stand 10 minutes.

3. Heat a large cast-iron skillet or wok over high heat. Add 1 tablespoon oil; heat until just smoking. Add tilapia. Cook, without stirring, 2 minutes. Gently turn fish pieces; cook 1 minute or until done. Place on a plate, and keep warm.

4. Add remaining 1 teaspoon oil to pan; swirl to coat. Add green onions; stir-fry 2 minutes or until tops are bright green and bottoms are tender. Add dill; cook 30 seconds. Place about ⅓ cup onion mixture on each of 4 plates; top each with ¾ cup fish and 1 tablespoon sauce. Serve each with 3 lettuce leaves, 1 mint sprig (if desired), and ½ cup rice.

SERVES 4

CALORIES 357; **FAT** 8g (sat 1.3g, mono 39g, poly 2.2g); **PROTEIN** 28g; **CARB** 45g; **FIBER** 5g; **CHOL** 57mg; **IRON** 4mg; **SODIUM** 318mg; **CALC** 113mg

¼ teaspoon salt

9 ounces shiitake mushrooms, stemmed and caps quartered

¼ cup dry sherry

1 (10-ounce) package frozen whole green beans

½ cup unsalted chicken stock

1½ tablespoons lower-sodium soy sauce

1½ tablespoons oyster sauce

2½ cups cooked soba (about 4½ ounces uncooked buckwheat noodles)

1. Heat a large cast-iron skillet or wok over high heat. Add 1 tablespoon oil; swirl to coat. Add chicken in a single layer; cook 4 minutes or until browned, stirring after 2 minutes.

Add ginger, garlic, and salt; stir-fry 30 seconds. Remove chicken mixture to a plate.

2. Add remaining 1 tablespoon oil to pan; swirl to coat. Add mushrooms; stir-fry 2 minutes. Add sherry; cook 1 minute. Add green beans, chicken stock, soy sauce, and oyster sauce; cook 3 minutes or until beans are thoroughly heated. Add noodles and chicken to pan; cook 1 minute or until noodles are heated and chicken is done, tossing to coat with sauce.

SERVES 4 (serving size: about 2 cups)

CALORIES 336; **FAT** 10.2g (sat 1.3g, mono 5.4g, poly 2.6g); **PROTEIN** 31g; **CARB** 28g; **FIBER** 4g; **CHOL** 63mg; **IRON** 2mg; **SODIUM** 630mg; **CALC** 52mg

GINGER CHICKEN WITH SHIITAKES AND GREEN BEANS

Hands-on: 25 min.

Total: 25 min.

Using frozen green beans in a high-heat stir-fry gives you an as-good-as-fresh crispness without having to take the time to snap all those ends.

- 2 tablespoons canola oil, divided
- 1 pound skinless, boneless chicken breast halves, cut into ½-inch pieces
- 1½ tablespoons minced peeled ginger
- 3 garlic cloves, minced





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McCormick Orange Glazed Ham

- 1 bone-in spiral-cut ham (about 10 lbs.)
1 cup orange marmalade
1/4 tsp. McCormick Ground Cloves
1 tsp. McCormick Ground Mustard
1/2 tsp. McCormick Garlic Powder
1/4 tsp. McCormick Ground Black Pepper

Tip: No cloves? Use 1 tsp. McCormick Ground Cinnamon instead.

PLACE the ham on its side in roasting pan. Mix marmalade and spices in small bowl until well blended. Brush 1/2 of the marmalade mixture over ham, gently separating the slices so mixture can reach middle of ham. Cover loosely with foil.

BAKE in preheated 325°F oven 1 hour, basting occasionally. Remove foil. Brush with remaining marmalade mixture. Bake 45 minutes longer. Serve ham with pan drippings.

Makes 24 servings.



For more great-tasting recipes, visit mccormick.com



HOST GARDEN PARTIES



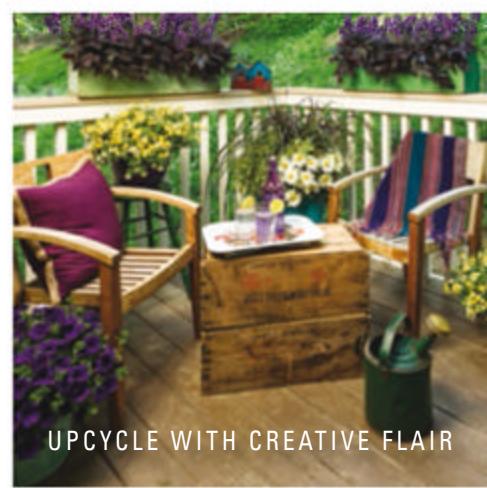
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FUN COUPLES PROJECTS



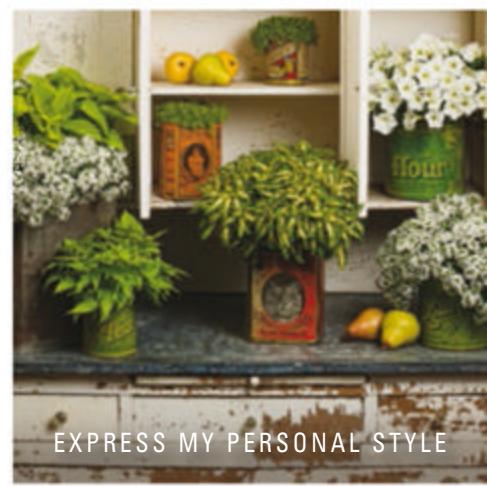
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TECHNIQUE

INFUSING OIL WITH HERBS

 Infusion is a neat cooking technique that transfers the flavors of one food, such as fresh herbs, into another, such as oil. Here's how to make our recipe for Chive Oil:

Start Fresh. For the brightest, purest flavor, use herbs at their peak rather than dried. Choose organic if you can, and rinse well. We used 2 ounces of fresh chives cut into 1-inch pieces to make the vibrant chive oil shown here.

Get the Herbal Essence.

Lock in the color of leafy and grassy herbs like parsley, basil, tarragon, chives, and cilantro. Dip herbs in boiling water for 10 seconds; drain. Rinse with ice water. Blot dry—oil and water don't mix.

Go Neutral. Mild-flavored oils like grapeseed, light olive oil, canola, or safflower take on herbal flavors without competing. Place herbs and $\frac{3}{4}$ cup oil in a blender; process 3 to 4 minutes or until bright green and smooth.

Filter and Store. Let mixture sit for 45 minutes so the herb flavor transfers to the oil. Strain through a double layer of cheesecloth; discard solids. For the clearest concoction, don't press. Store herb oils in the refrigerator for up to 4 days. Infused oil can also be frozen (place in mini ice cube trays until frozen, then transfer to zip-top freezer bags).

SERVES 24 (serving size: 1 teaspoon)

CALORIES 40; FAT 4.5g (sat 0.6g, mono 3.3g, poly 0.5g); **PROTEIN** 0g; **CARB** 0g; **FIBER** 0g; **CHOL** 0mg; **IRON** 0mg; **SODIUM** 0mg; **CALC** 1mg

—Cheryl Slocum

NOW WHAT?

Drizzle herb-infused oil over scrambled eggs or fish, toss into rice for a souped-up side dish, or mix with vinegar for a two-ingredient dressing.

PHOTOGRAPHY: BRIAN KENNEDY; FOOD STYLING: KELLIE GERBER KELLEY; PROP STYLING: CLAIRE SPOLEN



SCAN PHOTOS, SAVE RECIPES. SEE PAGE 6.

MARCH 2015 COOKING LIGHT 149



Use It Up Challenge: Buttermilk

Confounded by a half-used carton of low-fat buttermilk? Put its creamy, tangy goodness to use in these everyday recipes.

1 BANANA-BERRY BUTTERMILK SMOOTHIE

Combine 1½ cups ice, 1 cup quartered strawberries, 1 cup blueberries, ¾ cup cold low-fat buttermilk, 2 tablespoons honey, ¼ teaspoon vanilla extract, and 1 ripe medium banana in a blender; puree until smooth.

SERVES 4 (serving size: 1 cup)

CALORIES 112; **FAT** 0.8g (sat 0.3g); **SODIUM** 50mg

2 BUTTERMILK MASHED POTATOES

Place 1½ pounds cubed peeled baking potato and 2 crushed garlic cloves in a large saucepan; cover with water. Bring to a boil; reduce heat, and simmer 12 minutes or until very tender. Drain. Press potato through a ricer into pan; stir in ¾ cup low-fat buttermilk, 1½ tablespoons melted butter, ½ teaspoon kosher salt, and ½ teaspoon freshly ground black pepper. Sprinkle with 1 tablespoon chopped fresh chives.

SERVES 4 (serving size: 1 cup)

CALORIES 205; **FAT** 4.9g (sat 3g); **SODIUM** 335mg

3 BUTTERMILK BUTTERNUT SOUP WITH TOASTED PUMPKINSEEDS

Heat 1 tablespoon unsalted butter and 1 tablespoon olive oil in a large saucepan over medium heat. Add 1½ cups chopped yellow onion and ¼ teaspoon sugar to pan; cook 5 minutes or until soft, stirring frequently. Add 5 cups (½-inch) cubed butternut squash, 1¼ cups water, and ¾ cup unsalted chicken stock. Bring to a boil; reduce heat, cover, and simmer 20 minutes or until squash is tender. Remove from heat, and puree with an immersion blender until smooth. Stir in ¾ teaspoon kosher salt, ½ teaspoon pepper, and ⅓ cup low-fat buttermilk. Divide among 4 serving bowls; top each with 1½ teaspoons toasted pumpkinseeds.

SERVES 6 (serving size: 2/3 cup)

CALORIES 129; **FAT** 5.7g (sat 19g); **SODIUM** 278mg

4 BUTTERMILK AND BLUE CHEESE SLAW

Combine 5 tablespoons low-fat buttermilk, 5 tablespoons canola mayonnaise, 1 tablespoon cider vinegar, ½ teaspoon freshly ground black pepper, and ½ teaspoon cayenne hot sauce in a large bowl; stir with a whisk until smooth. Add 4 cups thinly sliced napa (Chinese) cabbage, ¾ cup crumbled Gorgonzola cheese, 2 thinly sliced green onions, and 1 large peeled grated carrot. Toss to combine.

SERVES 8 (serving size: ¾ cup)

CALORIES 79; **FAT** 5.5g (sat 2.3g); **SODIUM** 236mg

—Recipes by the CL Kitchen

MARKET SMARTS

CHOP TO IT

Several different pork chop cuts can come from a pig's loin (the section of the back between the shoulders and hips). Each has its own texture and taste. Here are our four favorites.

—Katie Barreira



BONELESS CENTER-CUT TOP LOIN CHOP

This versatile cut can be sliced for stir-fry, cubed for grilled kebabs, or butterflied for a quick broil.



BONE-IN LOIN CHOP

Rich, tender, and succulent, this T-bone steak-like chop needs little more than salt and pepper to shine. Great pan-fried or grilled.



BONE-IN CENTER-CUT RIB CHOP

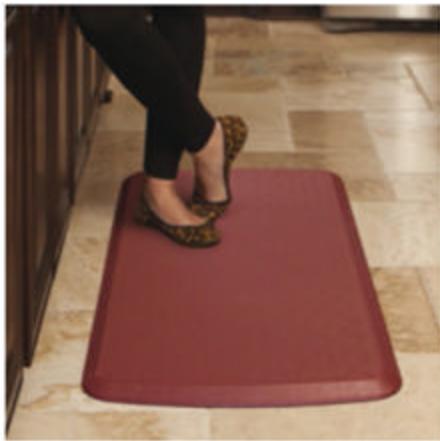
The rib bone helps keep this lean chop from overcooking. Grill or broil for a fast weeknight meal.



SIRLOIN CHOP

These marbled slabs are rich and flavorful but can be a little tough. Braise in liquid, such as beer or cider, to reach the perfect level of tenderness.





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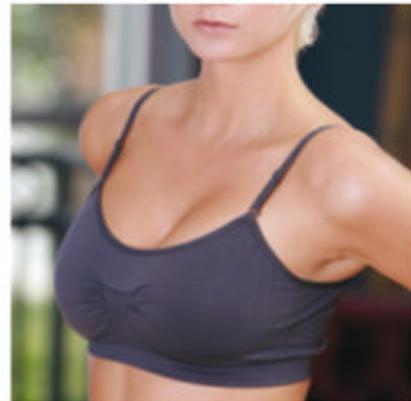
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GEAR

Wok This Way

CHOOSING the best wok for stir-frying is simple: Go for one made from carbon steel with a flat bottom that can sit on the stove. You'll get great seared flavor and aroma, referred to as *wok hei*, using high heat and little oil.

SEASONING a new wok is important for removing any metallic taste and creating a seal: Stir chives or green onions and a little oil in the pan over high heat until a mahogany patina develops. (Discard food and oil.)

PURCHASING this stir-fry essential won't put a big dent in your wallet. Wok Shop's 14-inch, flat-bottomed, carbon-steel wok (above) can be ordered online or picked up at their San Francisco store. \$25, wokshop.com



EASY SIDES

I always keep carrots on hand because they're cheap and versatile. Honey-roast them with butter, grate a few for slaw, or shave into ribbons and toss with vinaigrette.

—ANN PITTMAN,
EXECUTIVE FOOD EDITOR

PHOTOGRAPHY: JENNIFER CAUSEY; FOOD STYLING: BLAKESLEE WRIGHT GILES;
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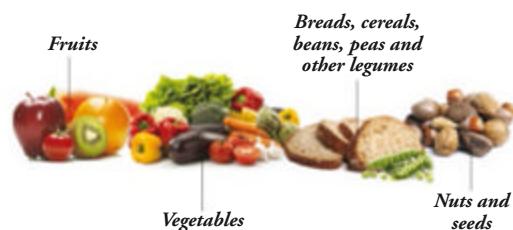
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SERVING



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PREP-WISE



HOW DO YOU PREPARE FENNEL?

Licorice-flavored fennel is wonderful raw, when it's supremely crunchy, as well as cooked, when it turns soft and silky (see page 58). It's easy to prep, too. Follow this step-by-step guide to coring and cutting fennel.



1. Cut off stalks and fronds close to the bulb.



2. Halve bulb lengthwise, through the core.



3. Insert knife tip under core to pop it out from bulb.



Thinly sliced lengthwise



1/2-inch chopped pieces



Half moons: cut crosswise

THE CL WAY

COOKING QUINOA

We love that crunchy pop you get with each fluffy bite of perfectly cooked quinoa. To make it right every time, place 1 cup quinoa and 1½ cups water in a pan, cover pan, and bring to a boil. (If you wish, rinse these little whole grains before cooking to prevent them from tasting bitter.) Reduce heat, and simmer 12 to 14 minutes or until the liquid is absorbed. Remove from heat, and let stand 5 to 10 minutes.



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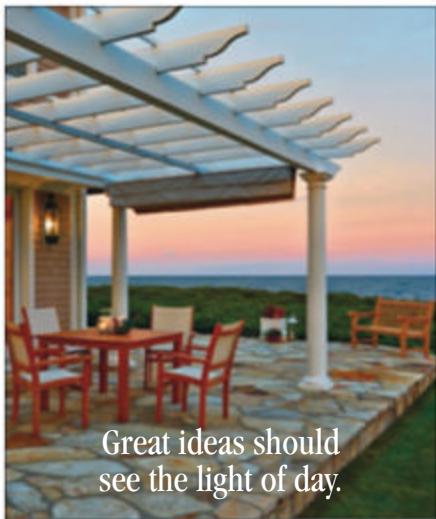
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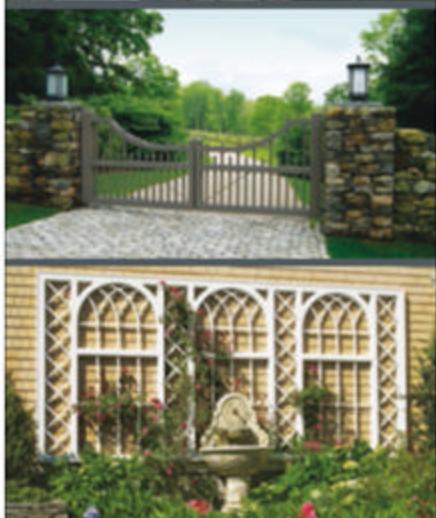
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Dessert on Demand



If you want a little something sweet and you want it fast, pull one of these Rhubarb Cheesecakes from the freezer at the start of dinner—it will be ready to eat in time for dessert. To make a batch of these single-serve treats, steam our five-ingredient cheesecake batter (on top of the stove!) in freezer-proof jars. Layer in granola for crunch and a topping of strawberry-rhubarb compote for a sweet-tart contrast. Then, simply cover with the jar lids and freeze the cheesecakes. Since they thaw at room temperature, these preportioned desserts are perfect to pack for lunch, put out at potlucks, or enjoy most any time you need a grab-and-go dessert. *Full recipe and video at CookingLight.com/Wow.* —BY CHERYL SLOCUM



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from

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to

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ZOOM-ZOOM

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